

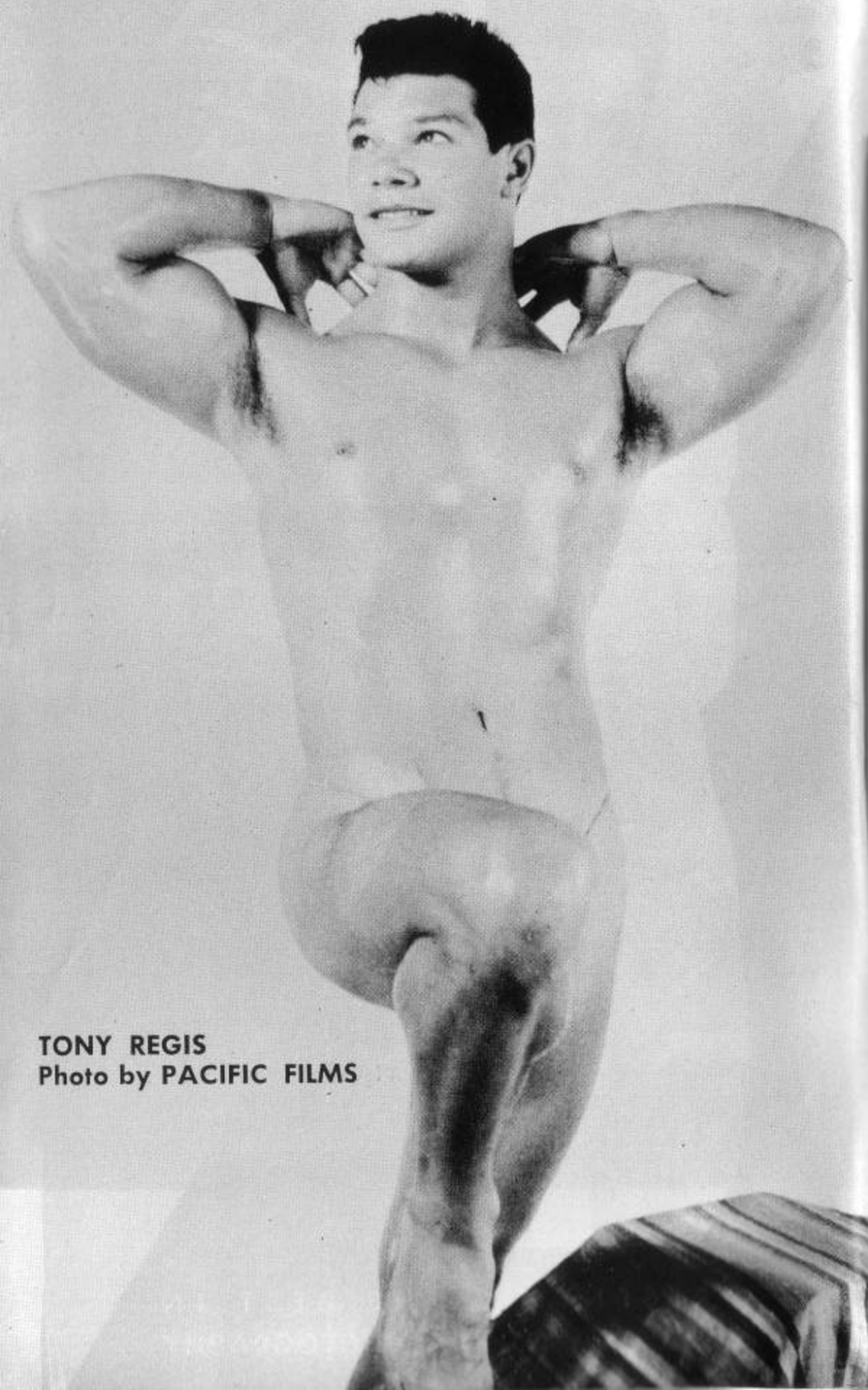
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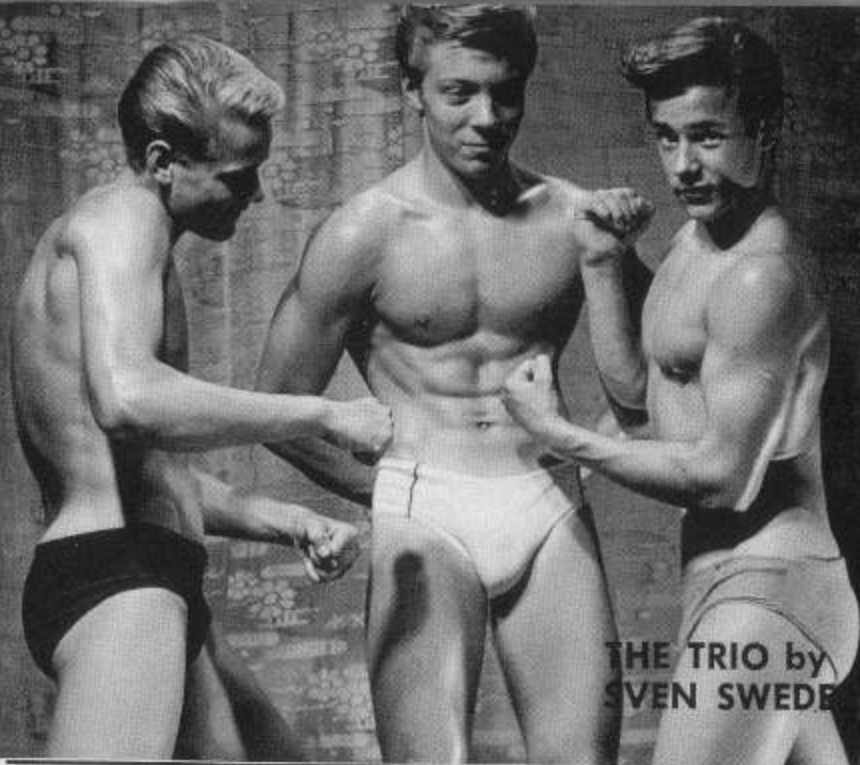
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FIZEEK • Number 13 • July 1961

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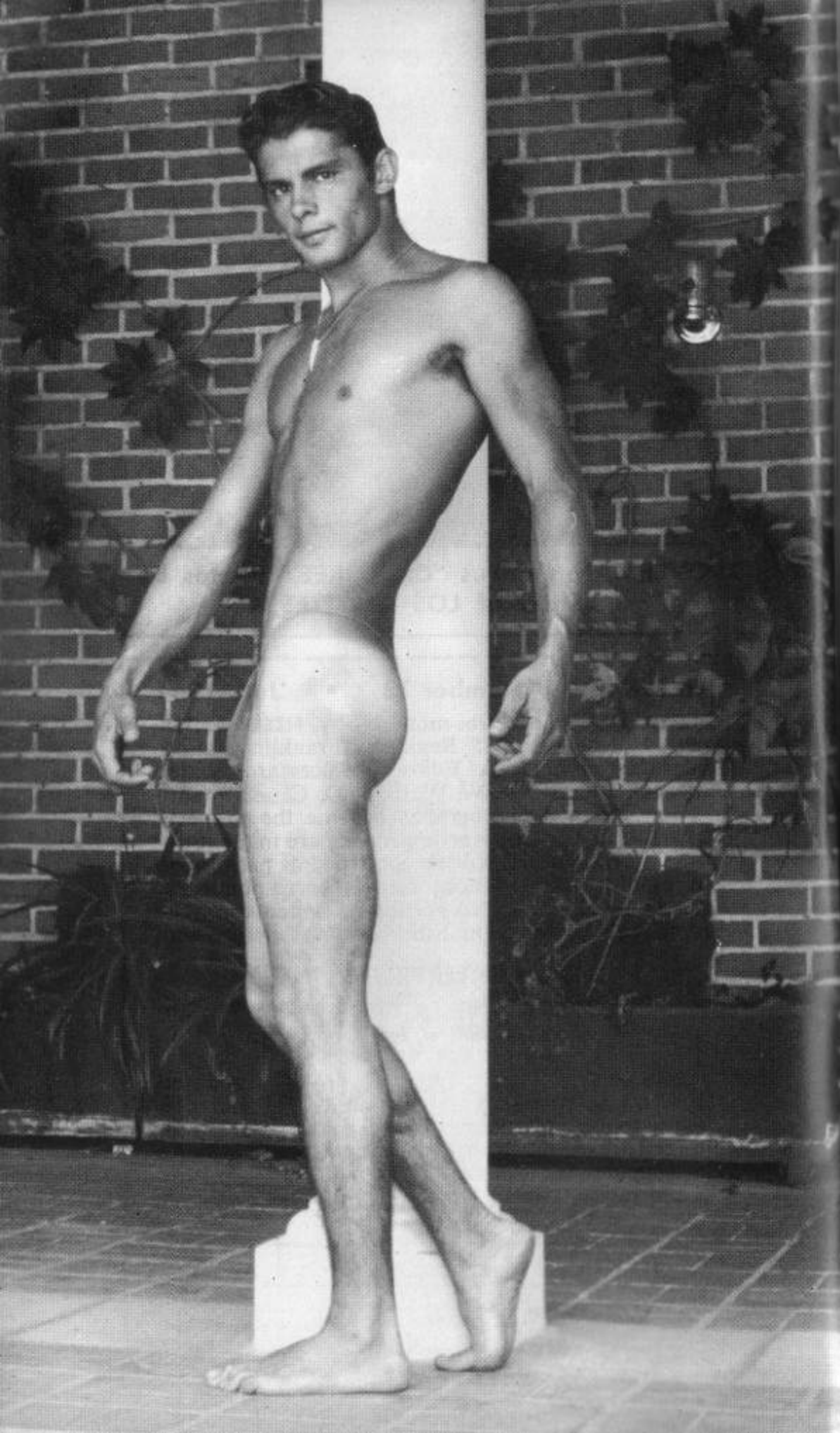
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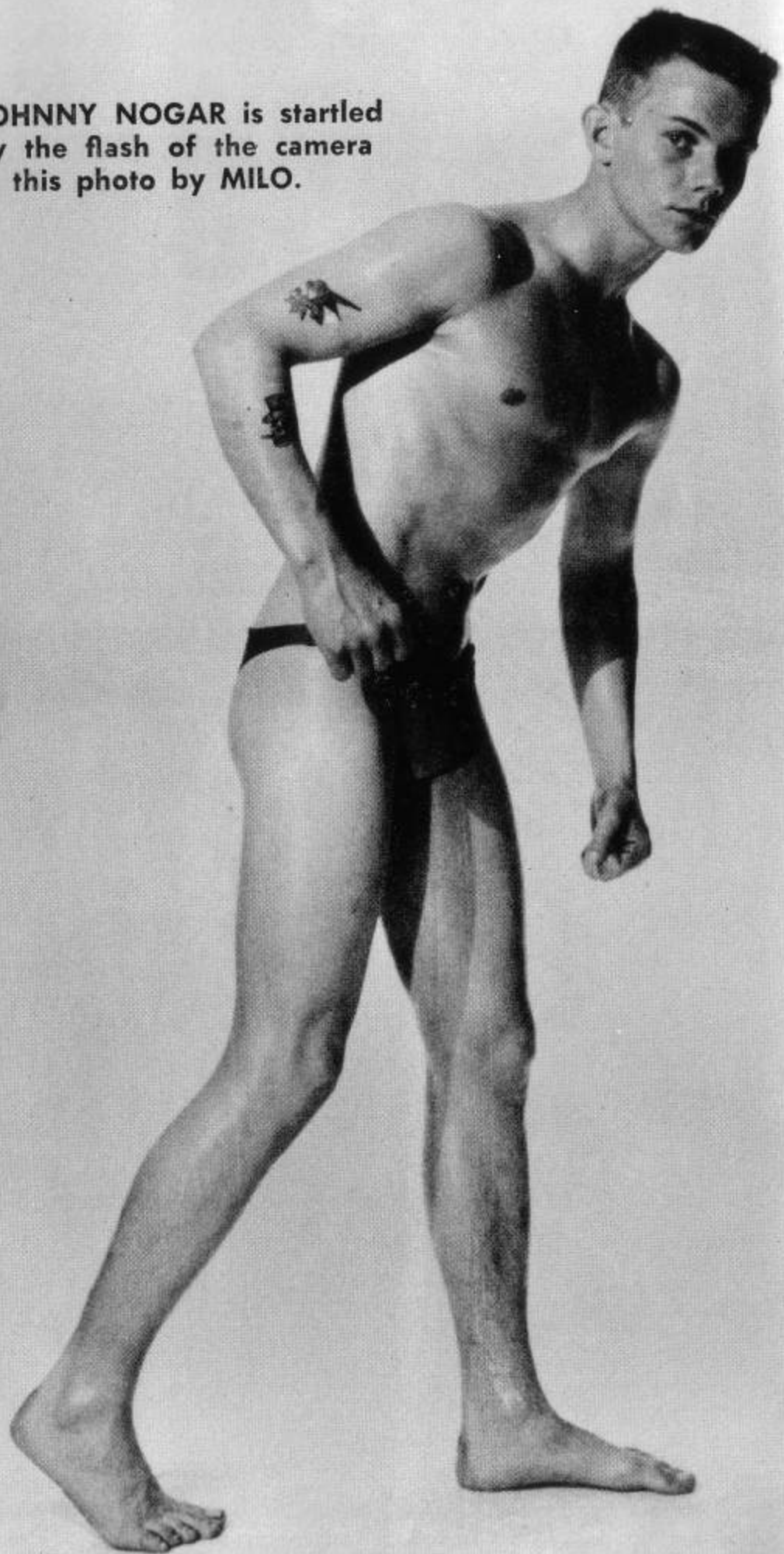
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JOHNNY NOGAR is startled
by the flash of the camera
in this photo by MILO.



Know Your Body

by CARLSON WADE

Author of The Key To Nutrition, Jamestown Mistress, etc.

(CHAPTER 2)

This chapter will tell you all about your muscles. You must know their names, location and function if you want to succeed in bodybuilding. There are three classifications of muscles—involuntary, voluntary and cardiac. Involuntary muscles are those over which you have no control. Voluntary muscles are the larger skeletal muscles which you can control. Cardiac muscle, found only in the heart, is labelled an involuntary muscle. For physical training purposes, let's just become familiar with the voluntary muscles.

All muscles are constructed of billions of tiny cells. These microscopic bodies are grouped in small bundles of fibers, which in turn are grouped into large bundles until finally the entire muscle is formed. These bundles of fibers are held in place by *sarcolemma*, a thin, sheath-like material that surrounds the muscle bundles and secretes a fluid that lubricates the muscle tissue. The fused ends of the sarcolemma form the tendons which attach the muscles to the bones. Muscles are shaped in layers to do particular jobs—some are flat, round, large, small. Others are superficial, lying just beneath the skin; others are located under the superficial muscles and are known as deep muscles.

How are muscles attached? The arrangement of muscles on the skeleton provides the proper angle of pull to make movement possible. Voluntary muscles are usually attached to the skeleton in two places. One end of the muscle is known as the origin, the other end as the insertion, to indicate the place where the muscle ends or inserts on the bone.

HOW MUSCLES ARE ACTIVATED

To produce motion and do work, a muscle usually shortens its fibers. The movement may be flexion such as bending the arm at the elbow, or flexion of the trunk in attempting to touch the floor with the hands while keeping the legs straight. The movement of body parts may also take the form of extension. For example, the act of straightening your arm or moving your leg in kicking a football. Some muscles raise the arms or legs; others depress or pull down the raised limb. Some muscles have the main purpose of rotating the trunk from side to side. Others cause the trunk to bend forward (flexion). Muscles act as stabilizers as well as prime movers.

In this following section, I have grouped together the muscles according to their location and their purpose.

Note that I describe the name of the muscles, their location, origin, insertion and action. All of these are important to understand.

MUSCLES CAUSING NECK AND SHOULDER MOVEMENT

1. *Sterno-mastoid*—most important muscle on the front portion of the neck. This muscle runs from the rib cage upward to the mastoid process behind the ear. The action of one single sterno-mastoid muscle turns your head toward the opposite side and elevates your chin. Both sterno-mastoid muscles, acting together, move forward the head.

2. *Trapezius*—a large triangular shaped muscle on the upper back and neck. It originates on the base of the skull, the ligaments of the neck and all thoracic vertebrae. It inserts along the ridge of the scapula and over the shoulder on the clavicle. This muscle pulls back the head, holds the shoulders back and supports weight when carried on the shoulders.

3. *Levator scapulae*—a deep muscle lying beneath the trapezius that helps to form the rear portion of the neck. Its origin is the top four vertebrae of the neck and it inserts on the upper angle of the scapula. Its primary function is to lift the shoulder.

4. *Pectoralis minor*—a flat, triangular shaped deep muscle of the chest region. Its origin is on the 2d, 3d, 4th and 5th ribs. The muscle reaches up to the point of the shoulder where it inserts on a projection of the scapula. This muscle action pulls the shoulder downward and forward.

5. *Serratus anterior*—a large, flat, deep muscle reaching from the chest around under the armpit and under the scapula. It originates on the top 9 ribs and inserts on the medial or inner border of the entire scapula. This muscle pulls the shoulders forward in such exercises as push-ups.

6. *The rhomboids*—two deep muscles (minor and major) located on the upper back. They originate on the last cervical (neck) and first 5 thoracic vertebrae. They insert on the medial border of the scapula. These muscles hold the scapula in position and pull the shoulders upward and back.

MUSCLES WHICH CAUSE ARM ACTION

1. *Deltoid*—a triangular shaped muscle located on the shoulder and upper arm. The first portion of the deltoid originates on the clavicle and the rear portion on the scapula. It inserts on the outer surface of the upper arm bone (humerus) just above its middle. This muscle lifts the arm forward, sideward and to the rear.

2. *Teres major*—a deep muscle on the back stretching from the scapula to the upper arm bone. It originates on the lower portion of the scapula and inserts on the upper arm bone at a spot about one-third of the

distance from the top. This muscle depresses or pulls the arm downward.

3. *Pectorals*—a superficial muscle of the chest region. It is fan shaped, originating on the medial end of the clavicle and the top 6 ribs and inserting on the humerus. This muscle pulls the arm across the chest and is used forcibly in push-ups. It is commonly referred to as the hugging muscle.

4. *Biceps*—a muscle located on the front portion of the upper arm and having two separate origins (two tendons that fuse together to form the body of the muscle). These two heads originate on the scapula and the muscle covers the upper arm to insert on the radius in the lower arm. The action of this muscle is to flex the arm. It is used forcibly in such movements as barbell or cable training as well as wall pulleys.

5. *Triceps*—a muscle located on the rear portion of the upper arm and having three separate origins (three tendons that fuse together to form the body of the muscle). Two of the heads originate on the upper part of the humerus and the other on the scapula just below the socket where the humerus joins the scapula. It inserts on the upper part of the ulna. (The long bone of the outside of the forearm.) The action of this muscle is to extend the arm at the elbow. It is used in such movements as push-ups, throwing, shot putting and other exercises.

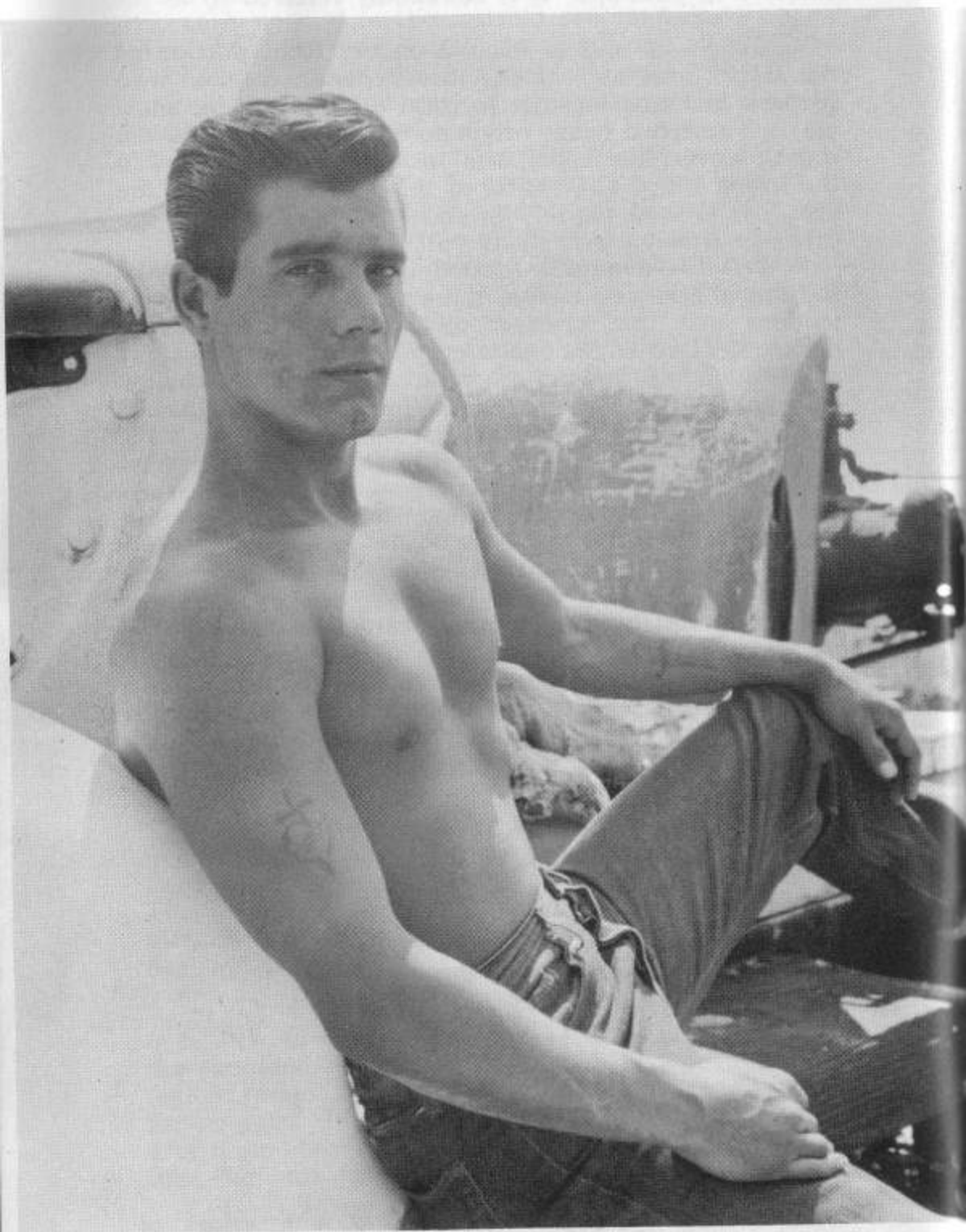
6. *Latissimus dorsi*—a flat, triangular shaped muscle located on the lower back. It originates on the lower 6 thoracic vertebrae, all lumbar vertebrae and back of the sacrum, and the rear portion of the top of the hip bone. From this broad base, the muscle tapers to a point that inserts on the upper part of the humerus. This latissimus dorsi muscle is used in doing pull-ups, rope climbing, etc. It is often called the "striking muscle."



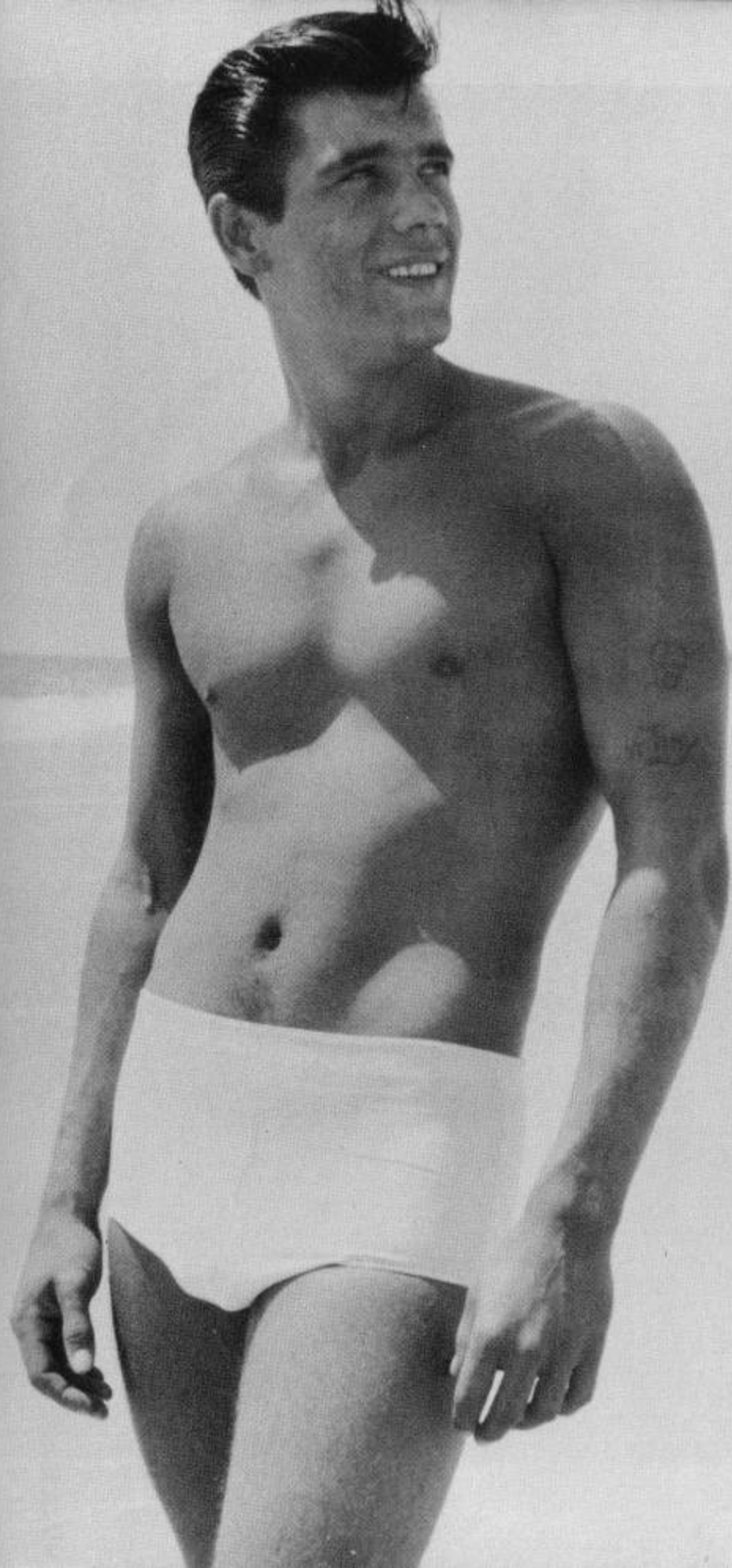
Rear view of weightlifter John Gennaro with names of skeletal parts outlined. Photo courtesy of BOB ANTHONY.

Next Issue: MUSCLES OF YOUR TRUNK, PELVIC REGION,
THIGHS AND LEGS
(To be continued)

ALEX FOURNIER

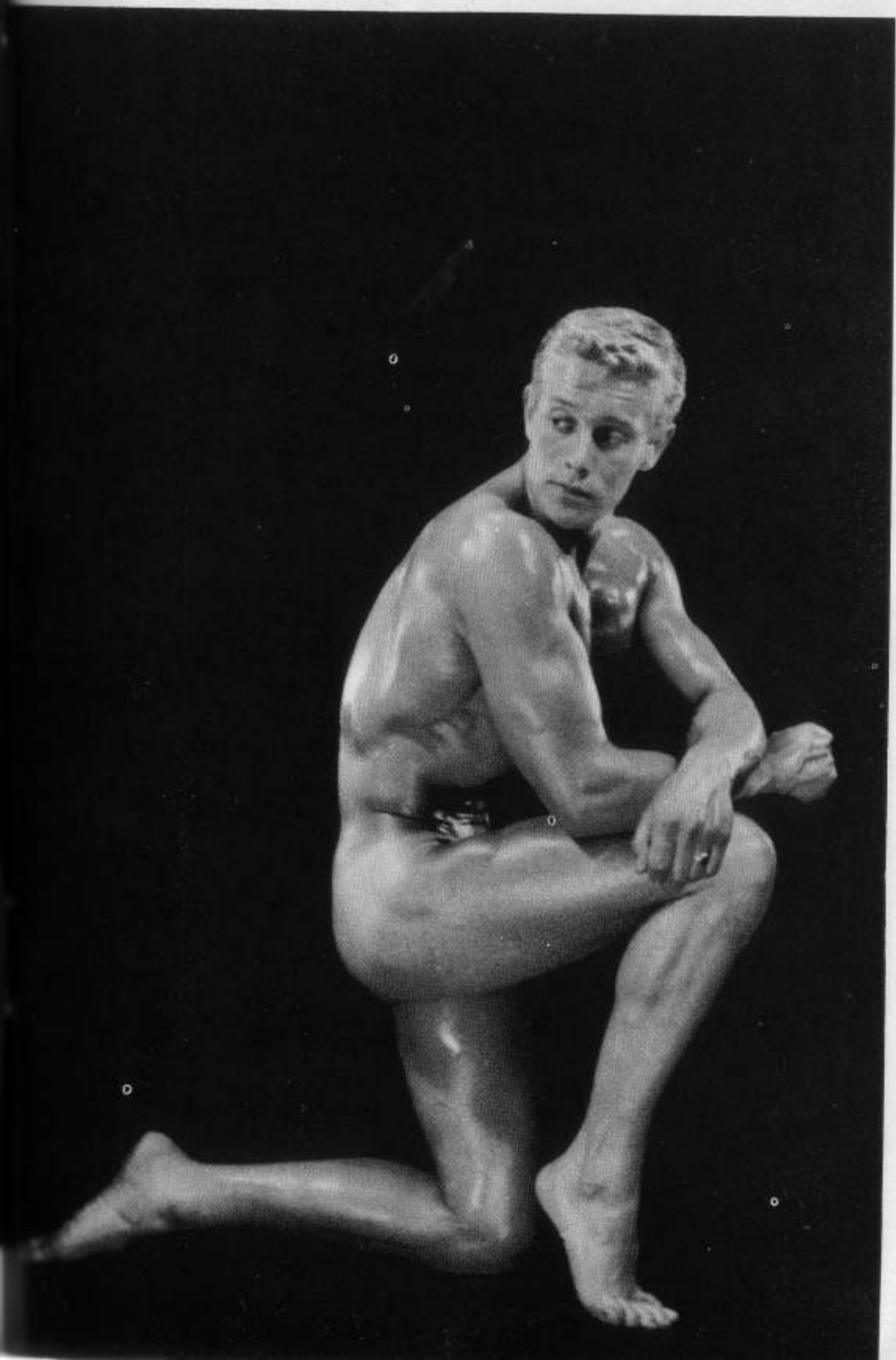


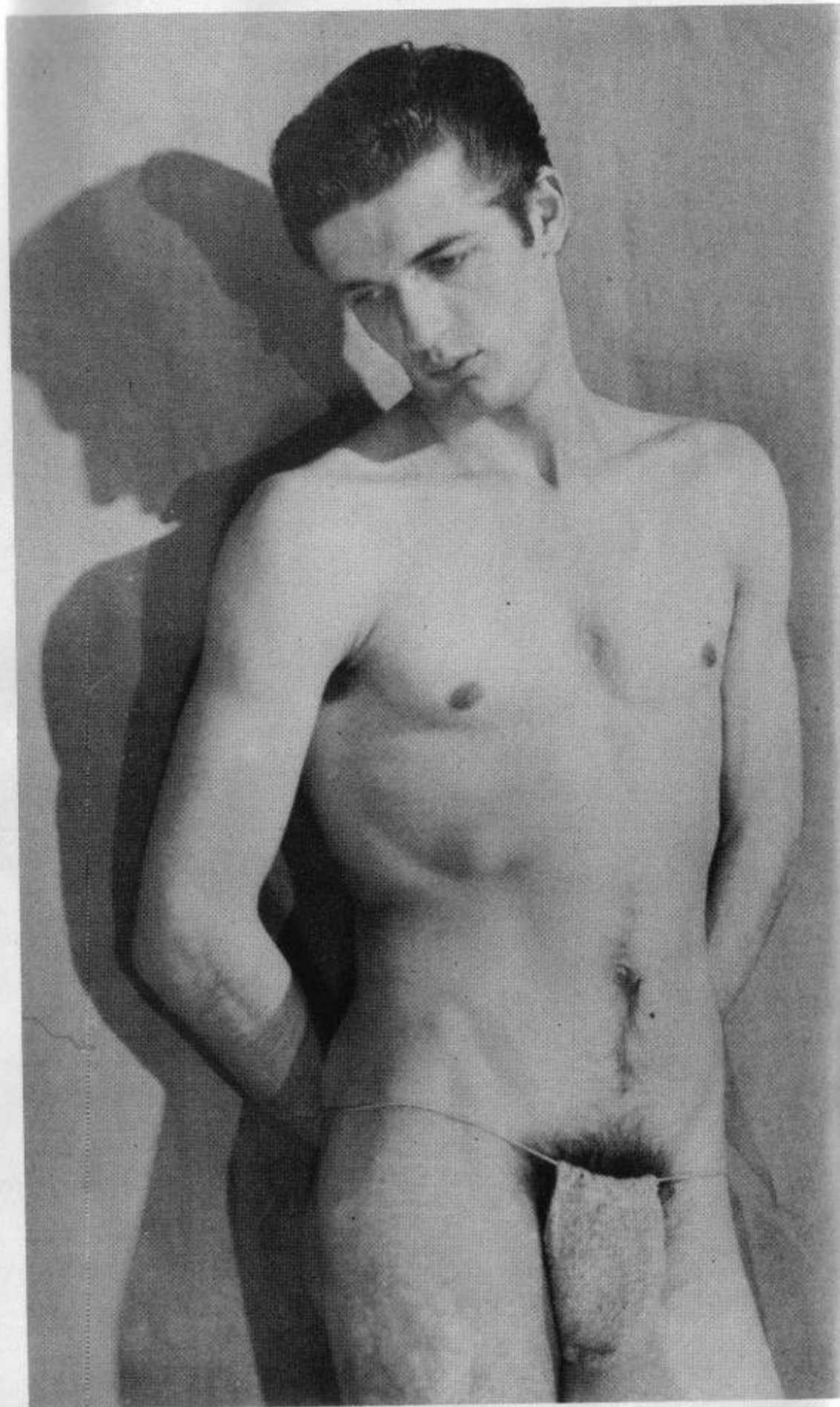
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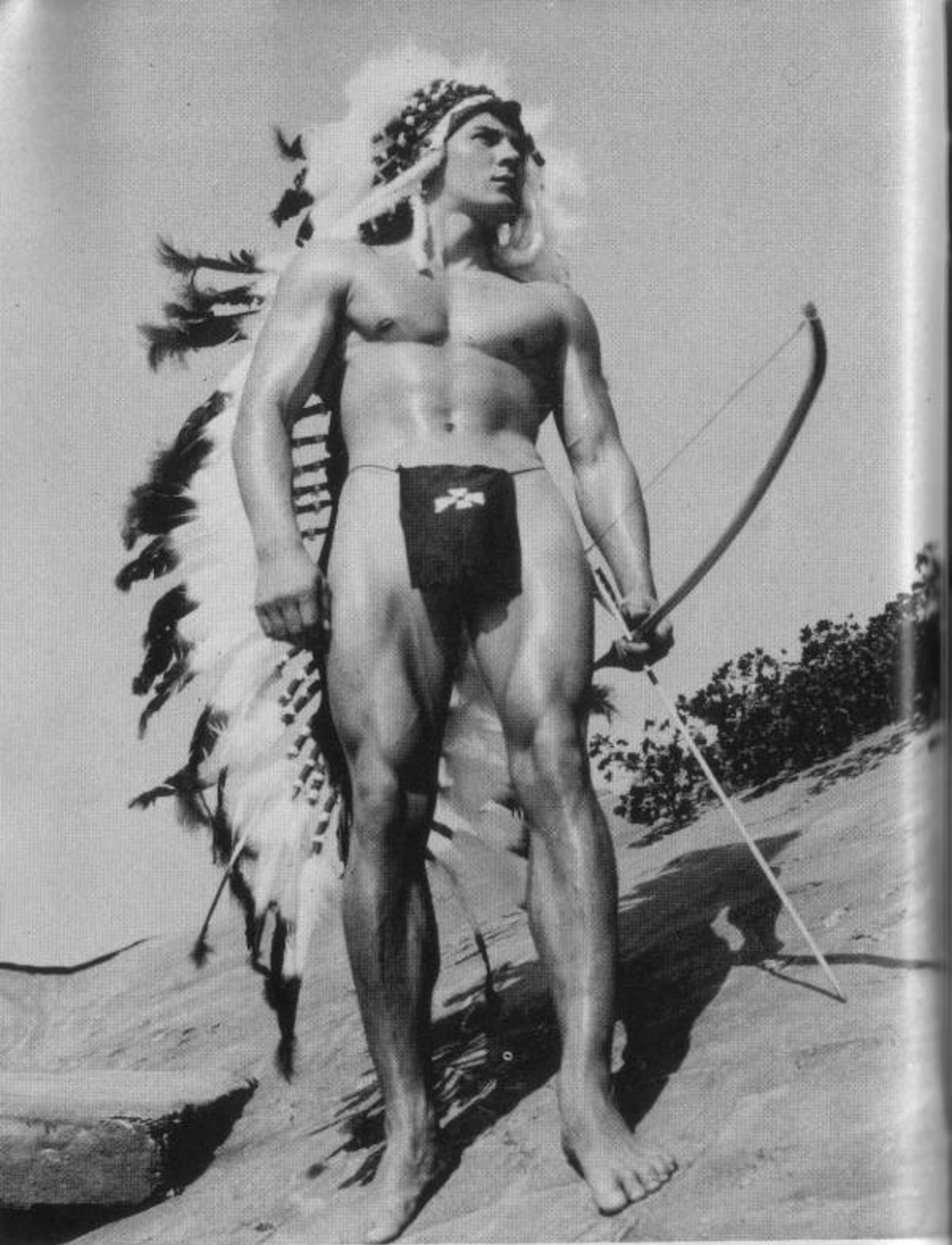
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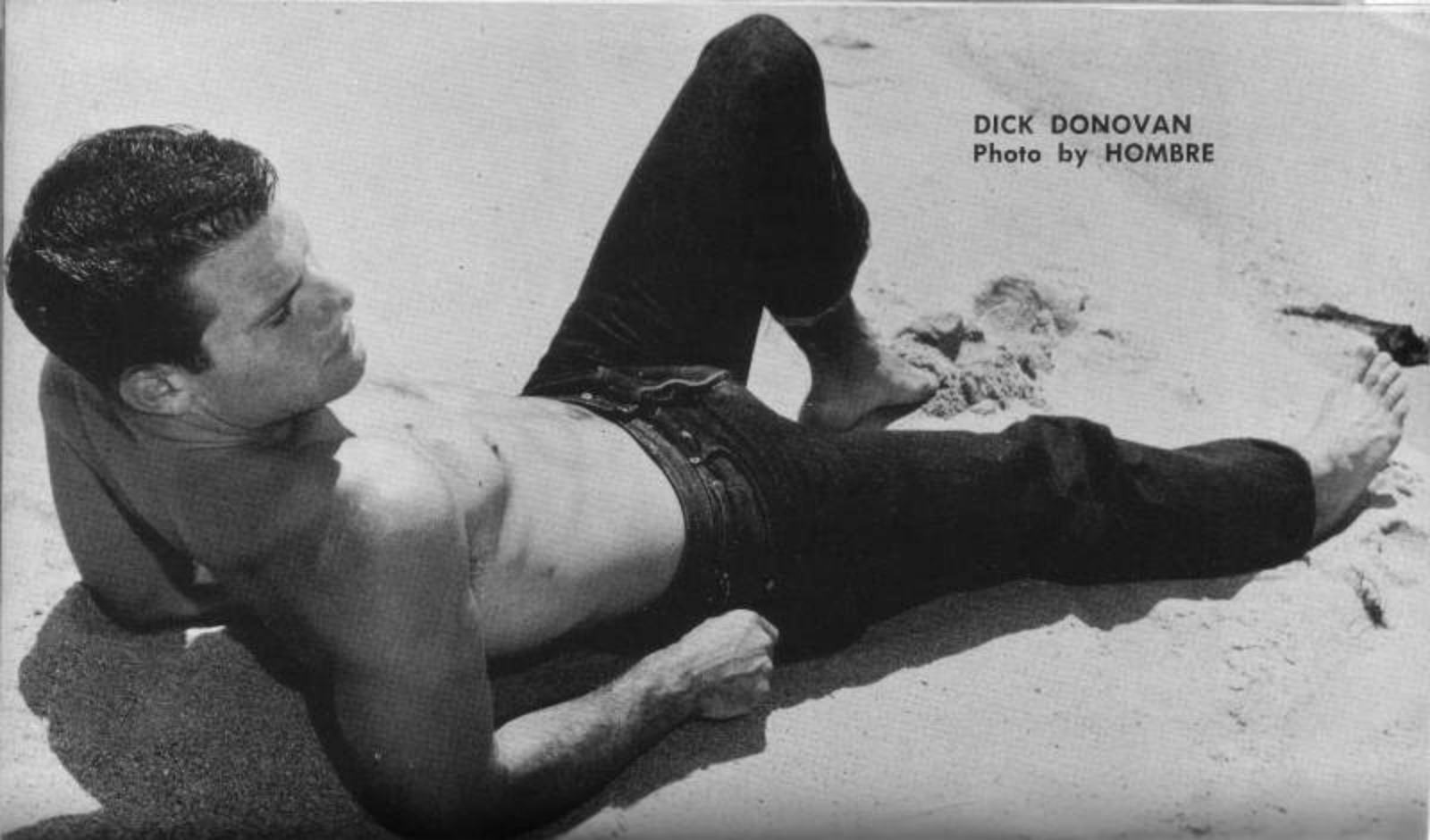


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in Photos by
NORTH STAR



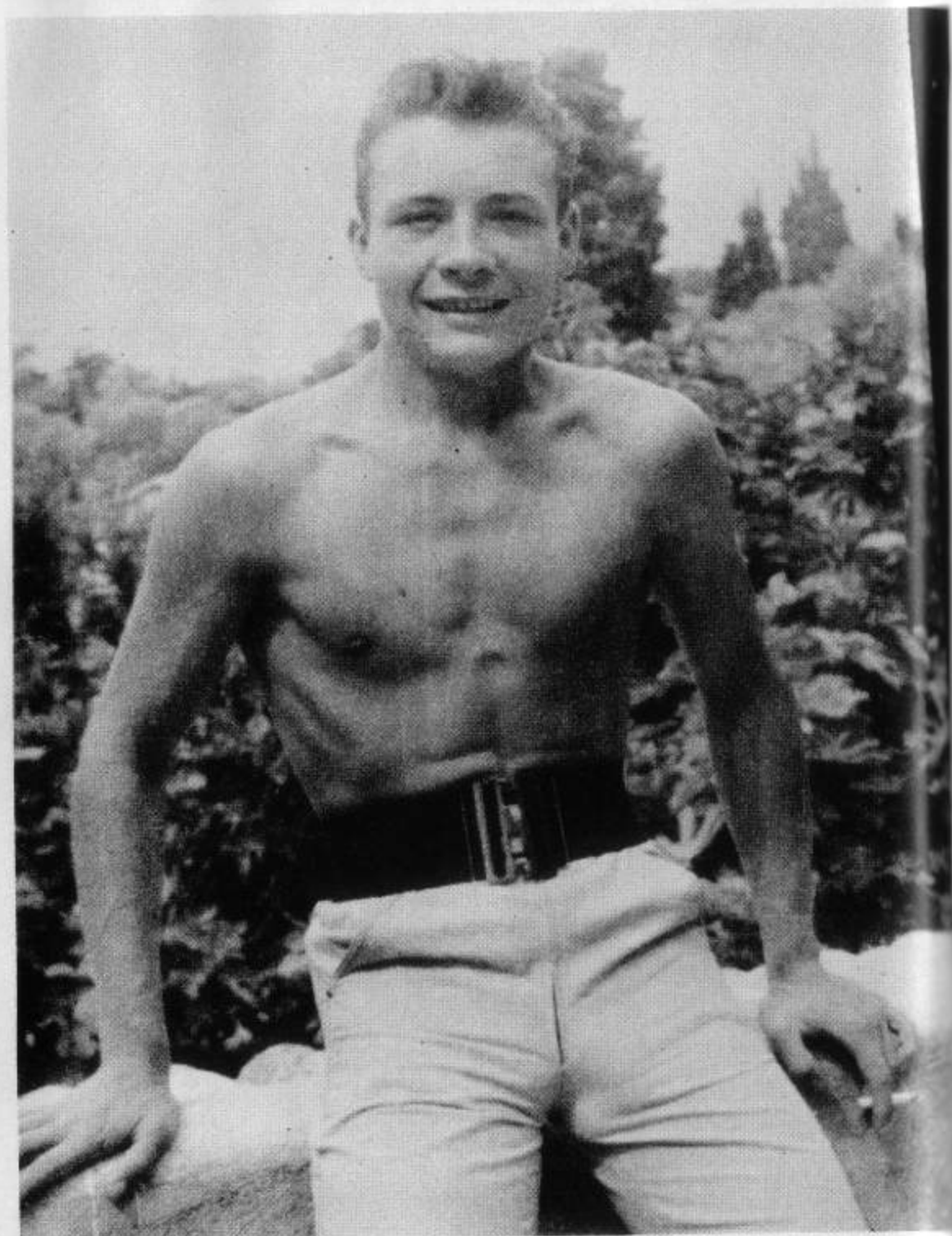


STEVE WENGRYN
Photo by Athletic Model Guild

A black and white photograph of a man lying on his back on a sandy surface. He is shirtless, wearing dark trousers and a dark belt. His legs are bent at the knees, with his feet flat on the sand. He is looking upwards and to the right. The lighting is bright, casting a shadow of his head and shoulders onto the sand to his left. The background is a uniform, light-colored sand.

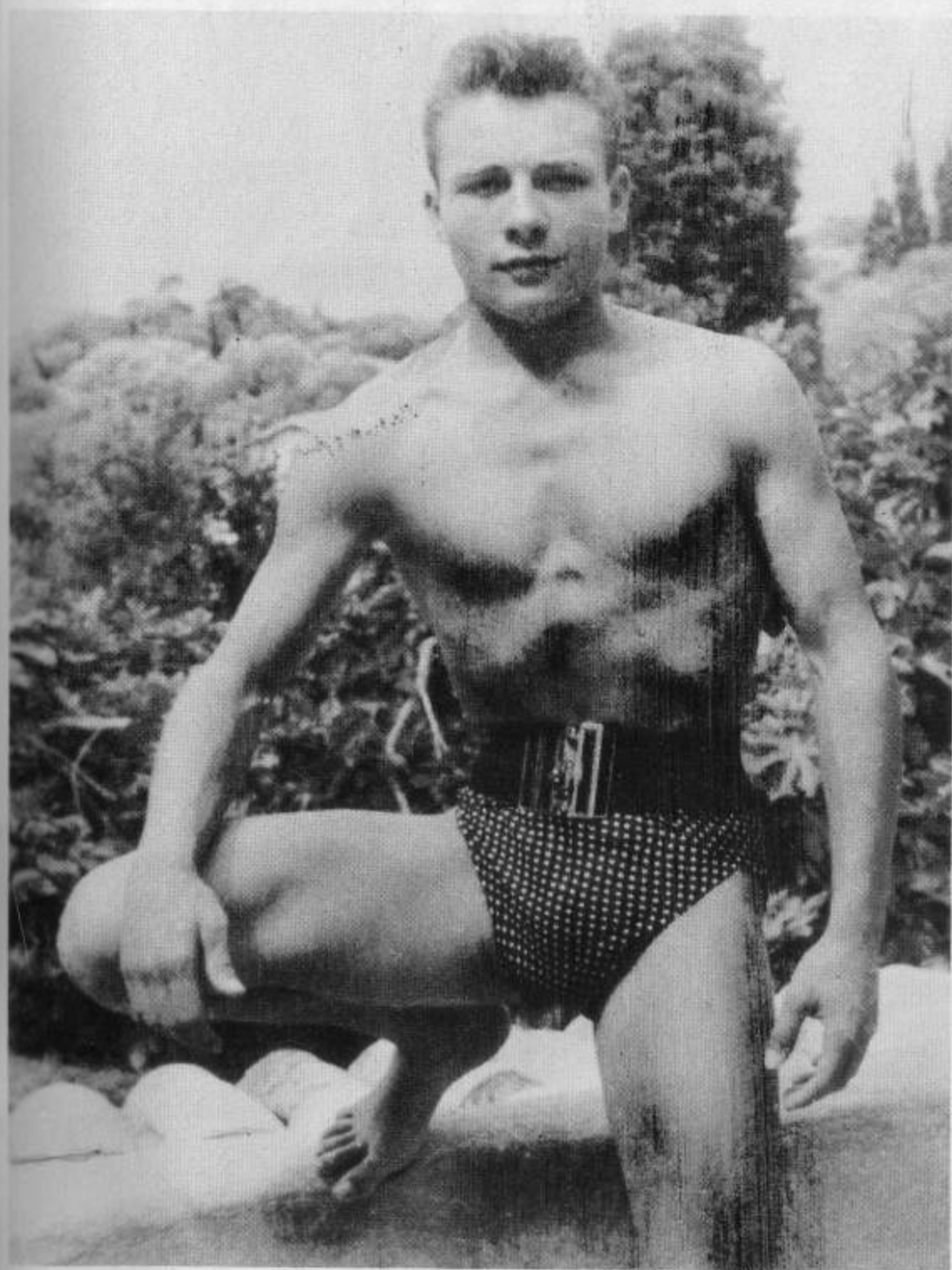
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Photo by HOMBRE

PIERRE, a young lad of 17



On The Riviera

Photos by your favorite physique

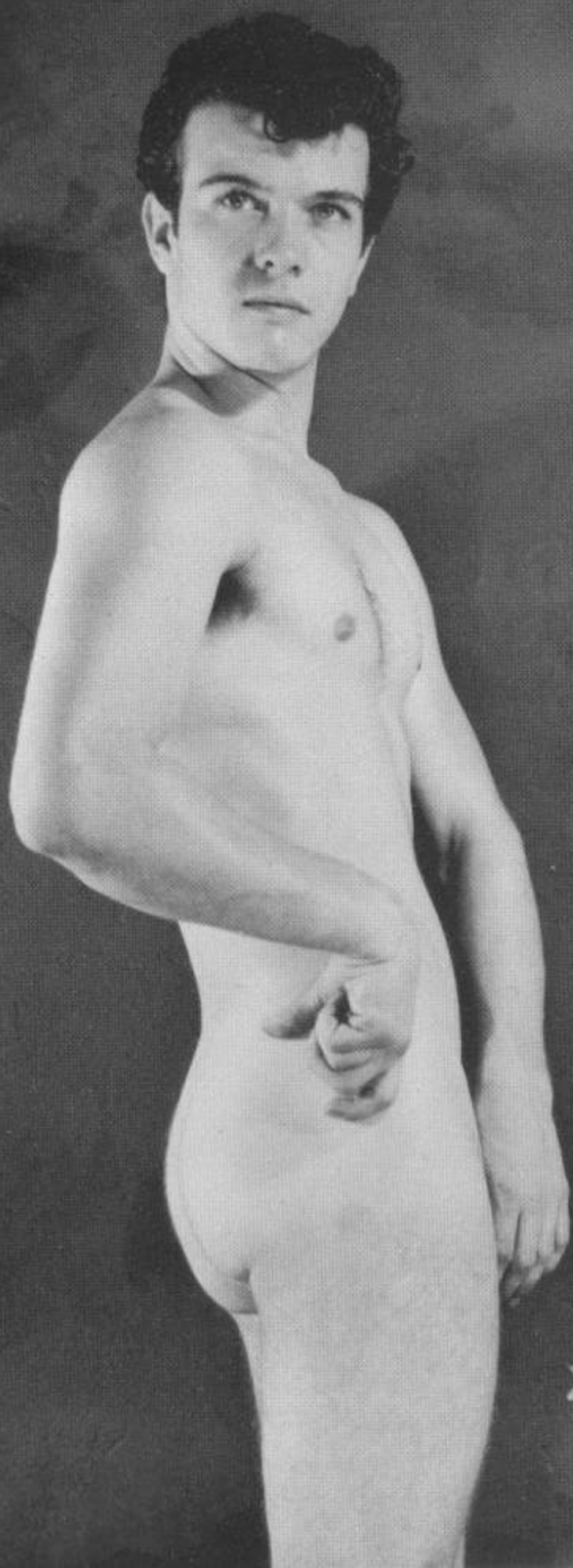


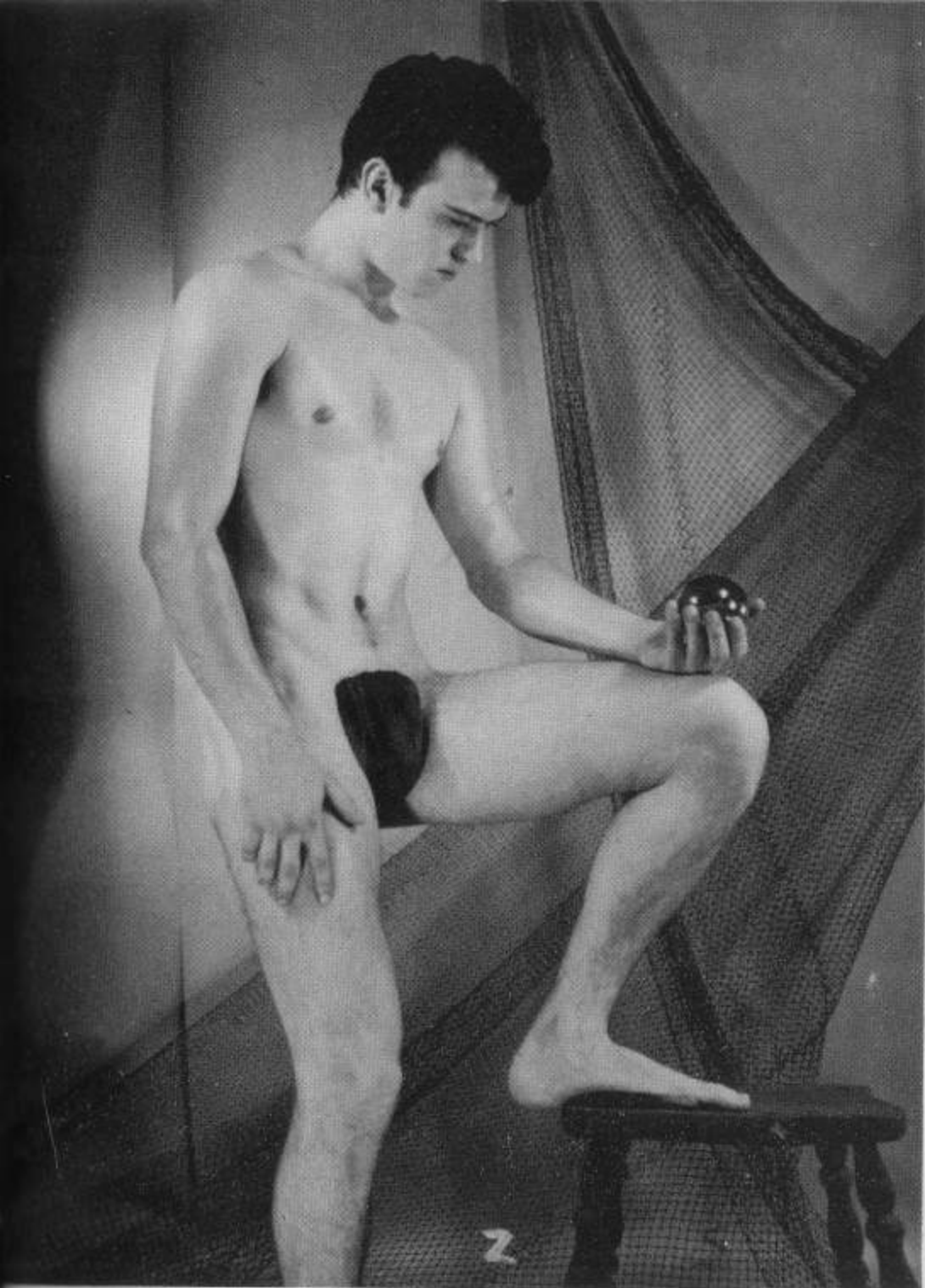
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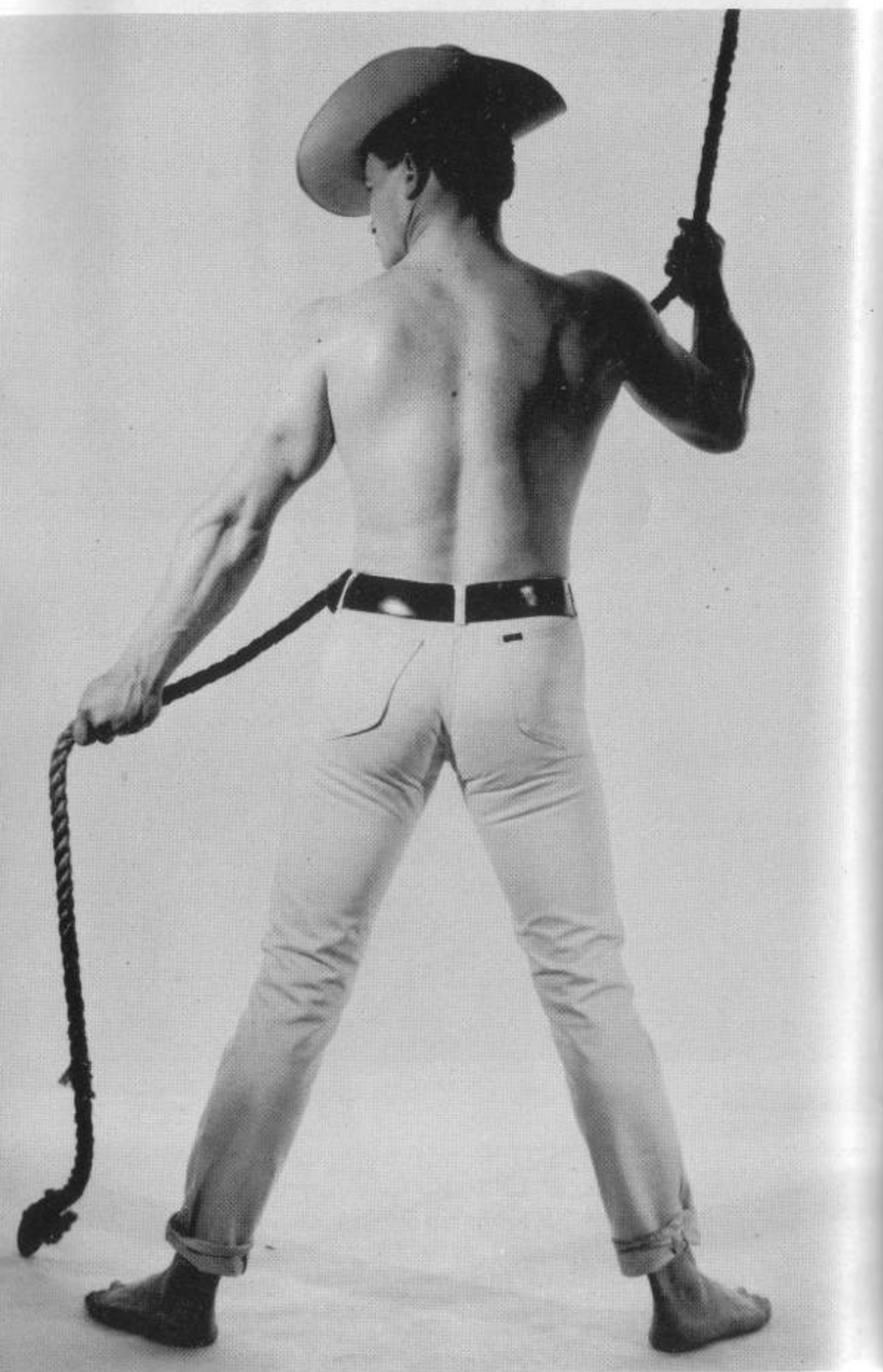
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from
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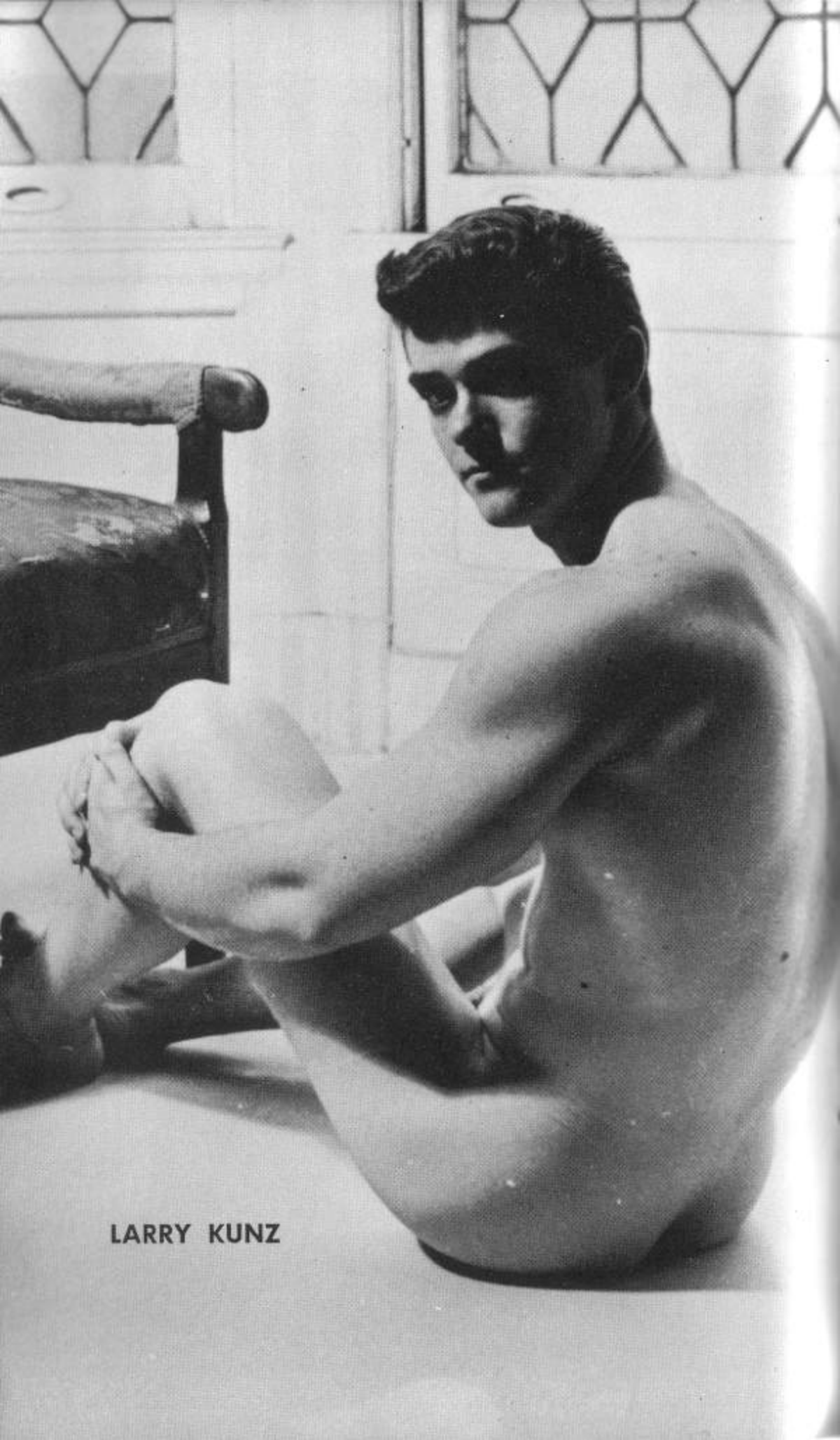


Young BOB STORR has blue eyes, black curly hair and is 5' 10". He's a talented actor and dancer; and he sings in Japanese and gracefully performs Japanese folk dances. He has a great career ahead of him. Photos by J-Zenith.



Photos by
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LARRY KUNZ



Photos by BOB ANTHONY

MALCOLM SHIMPTON

Fights a victorious duel

After which he relaxes

in photos by HUSSAR STUDIO

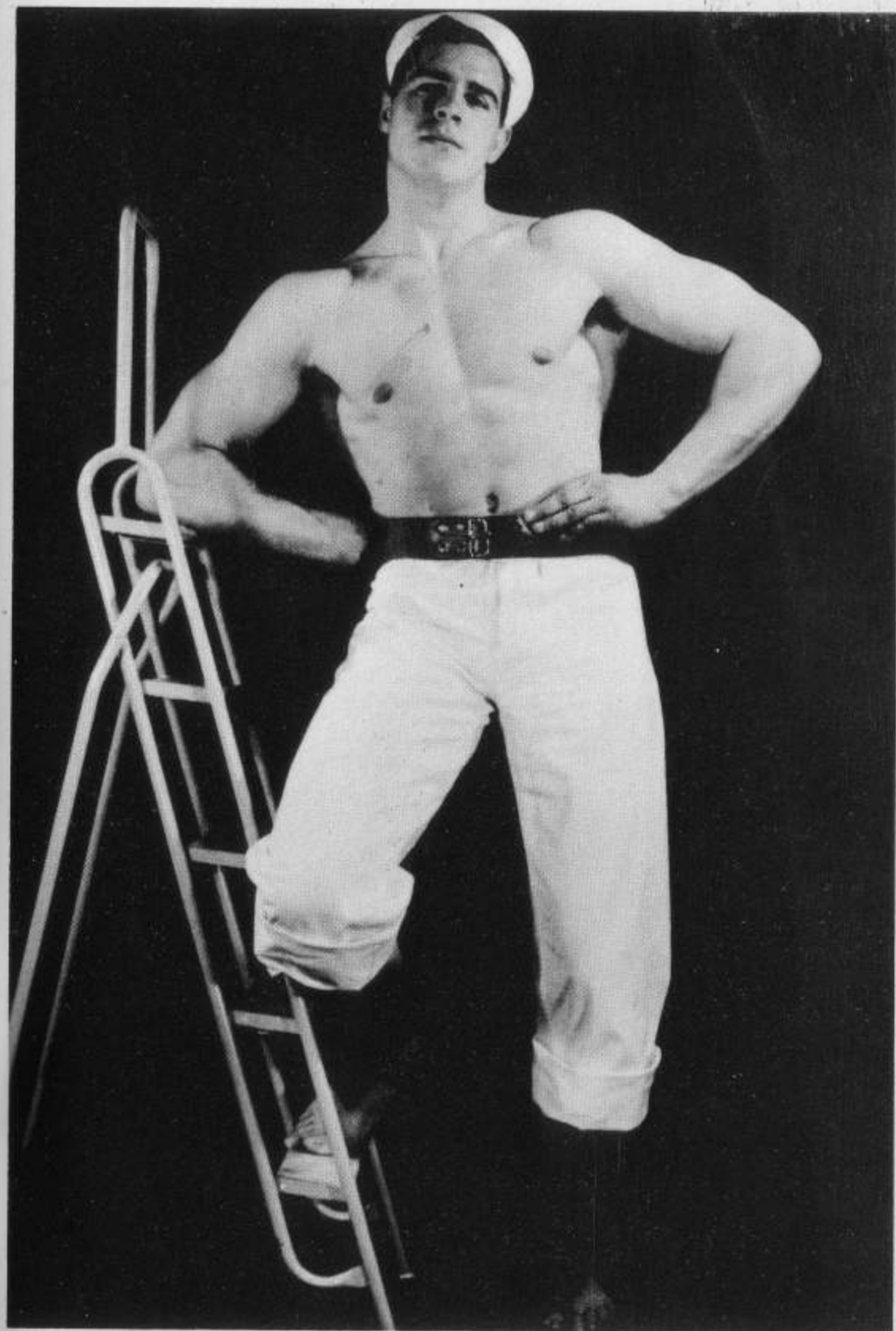




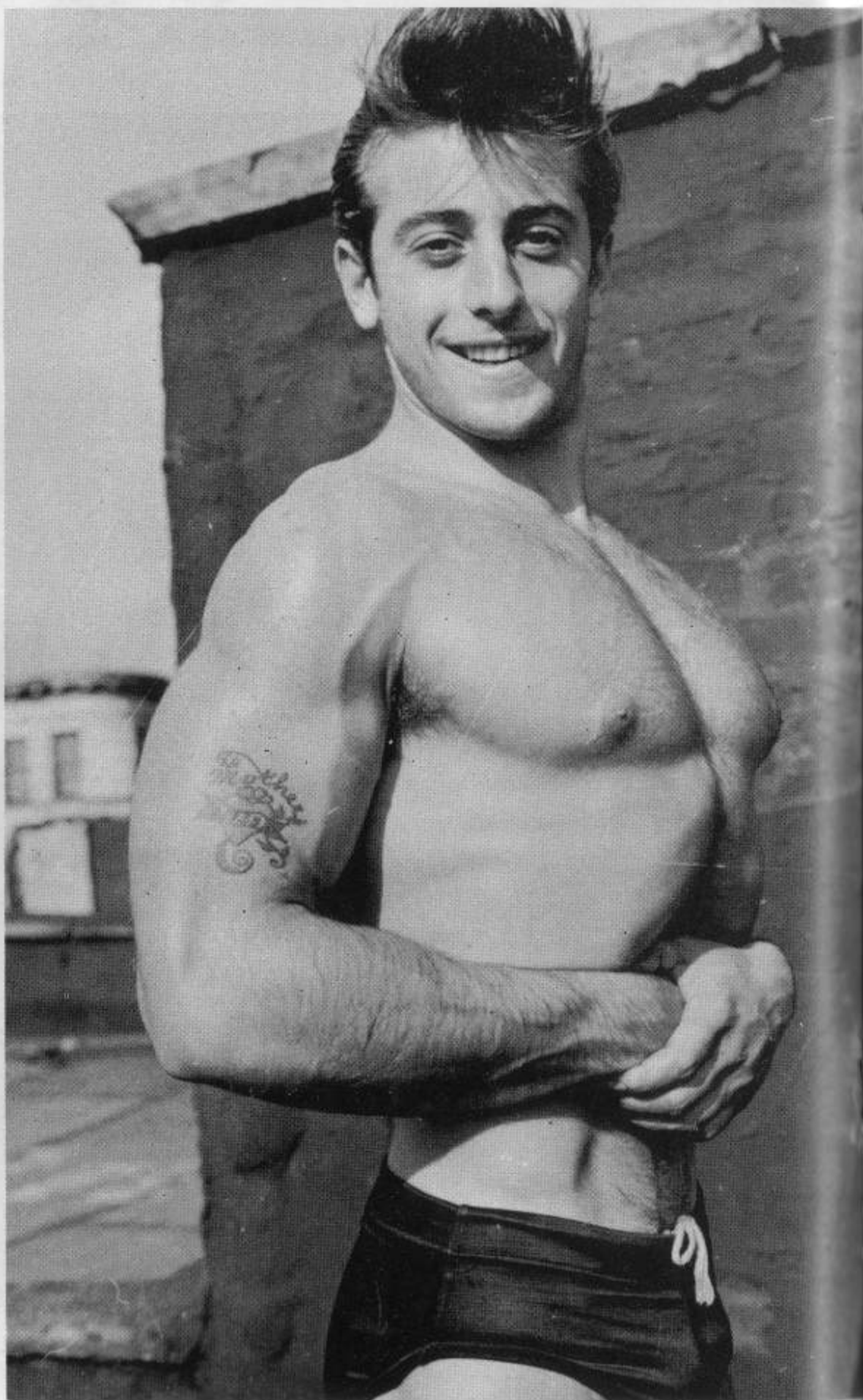


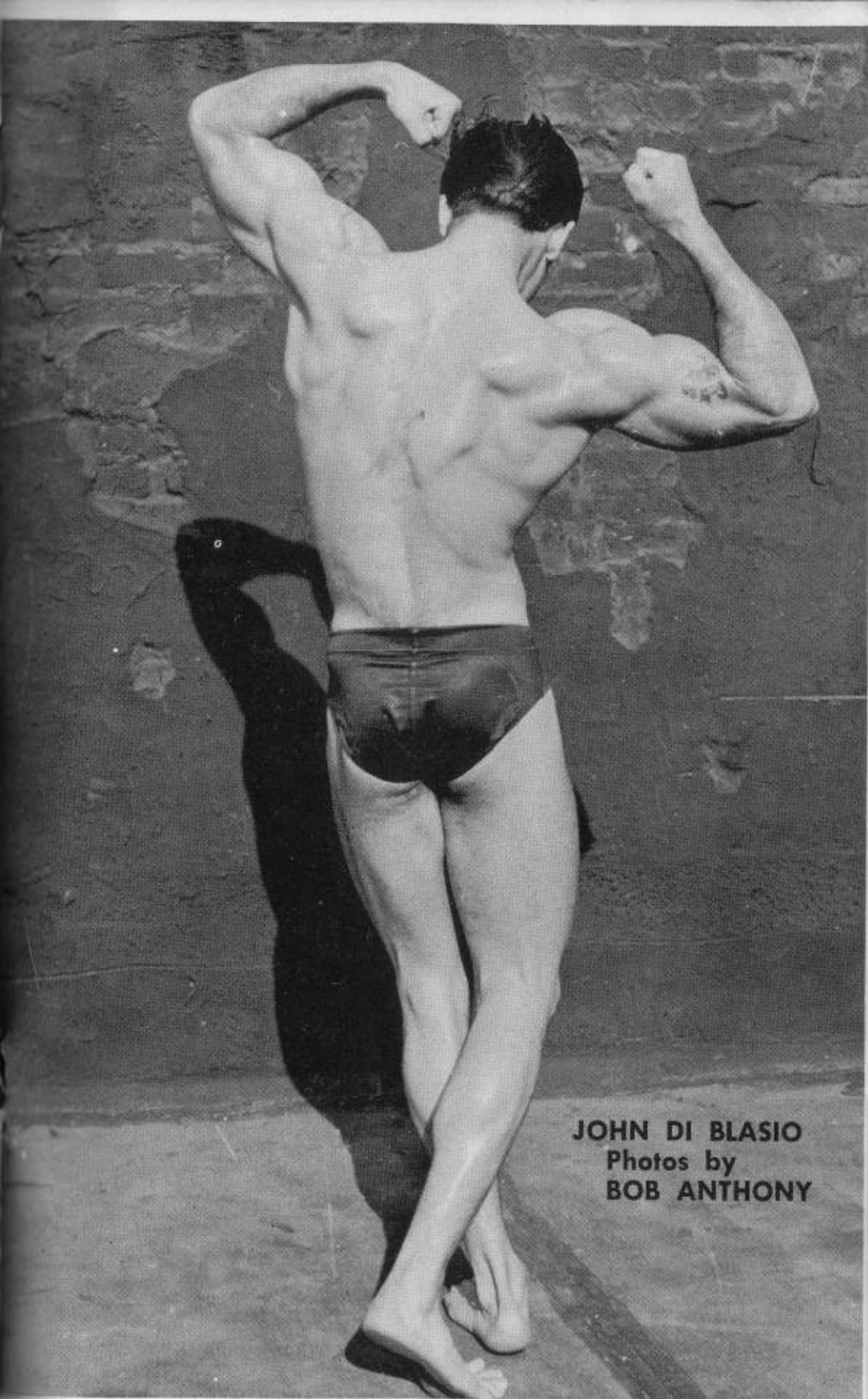
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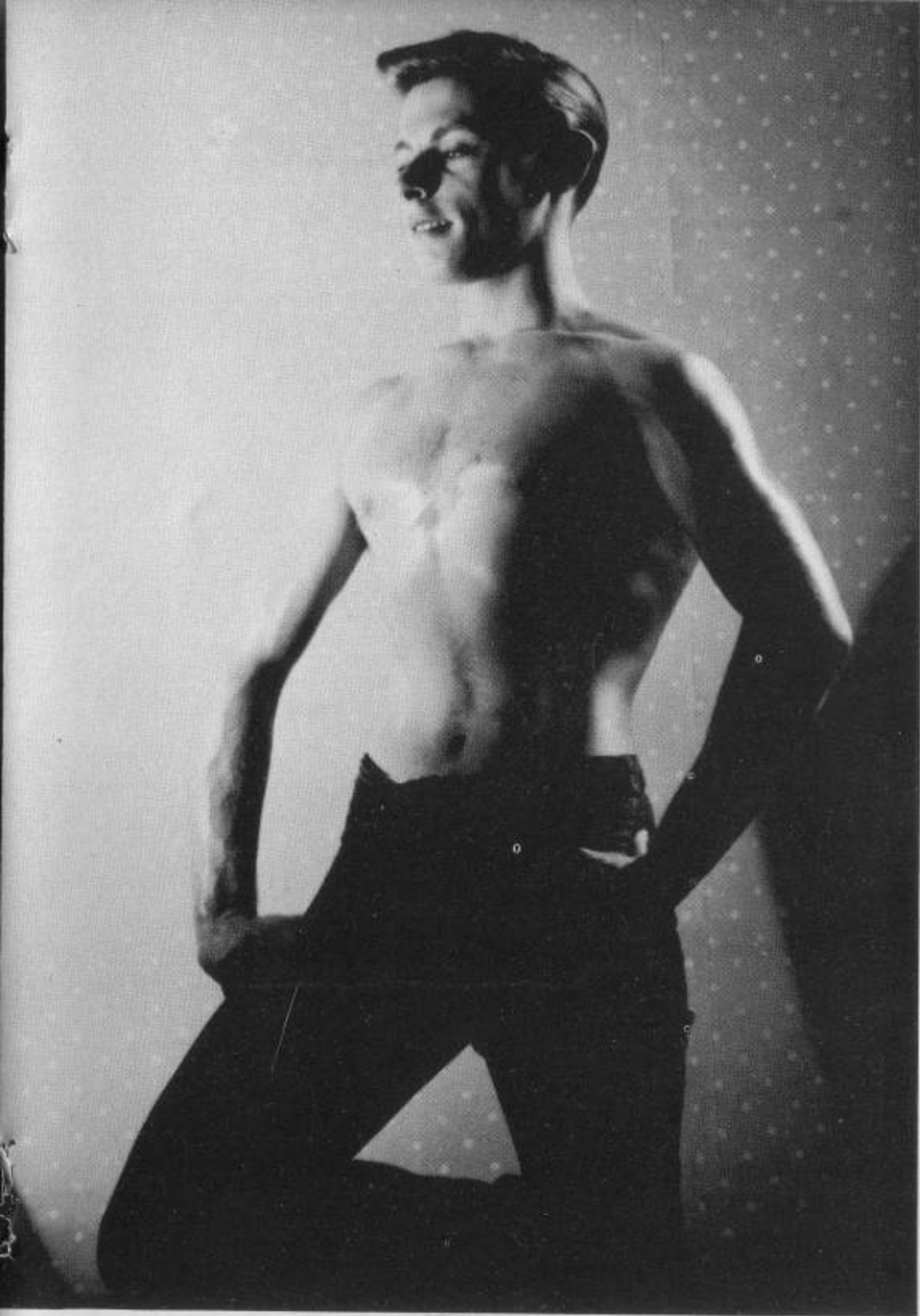
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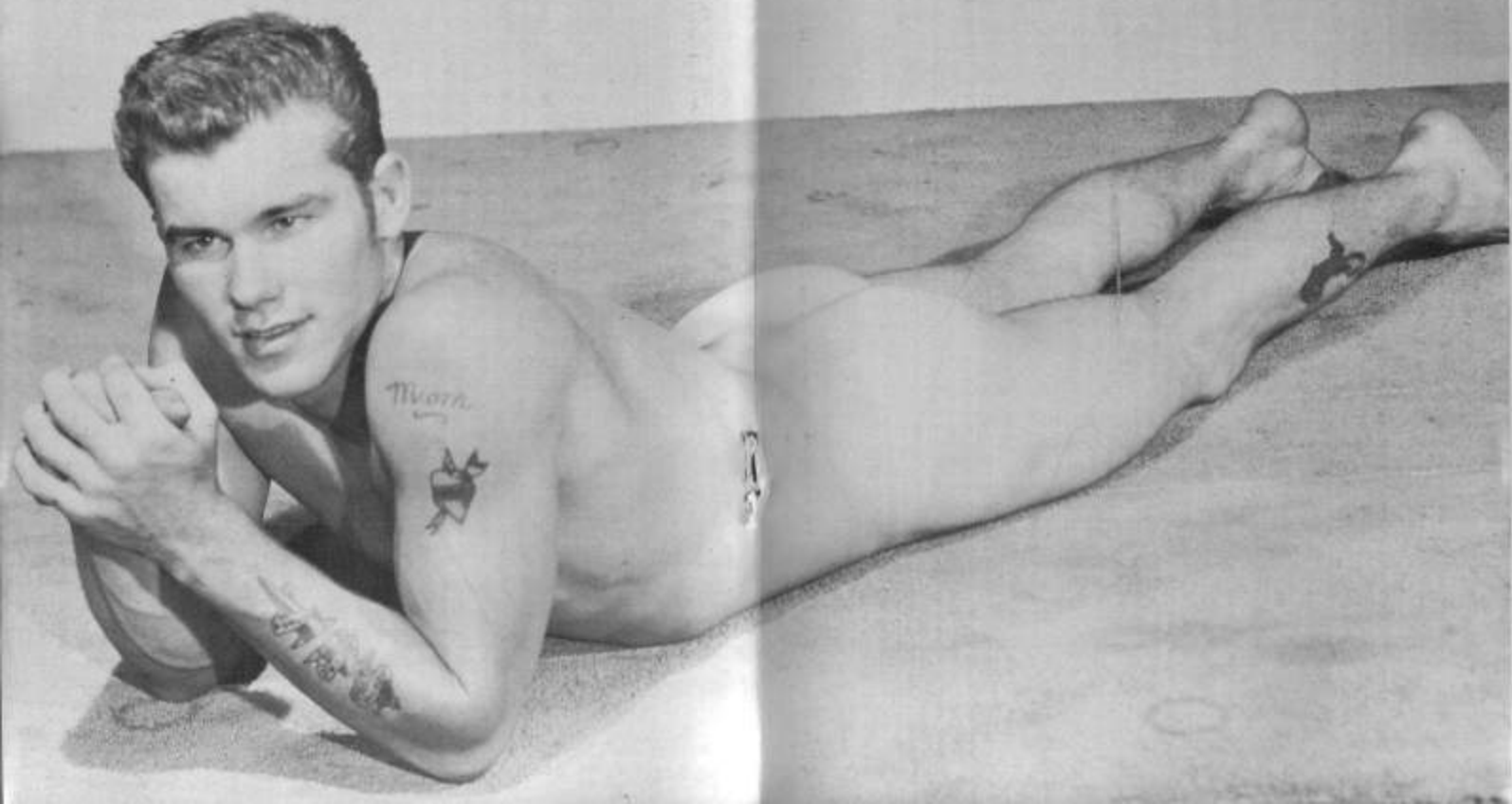
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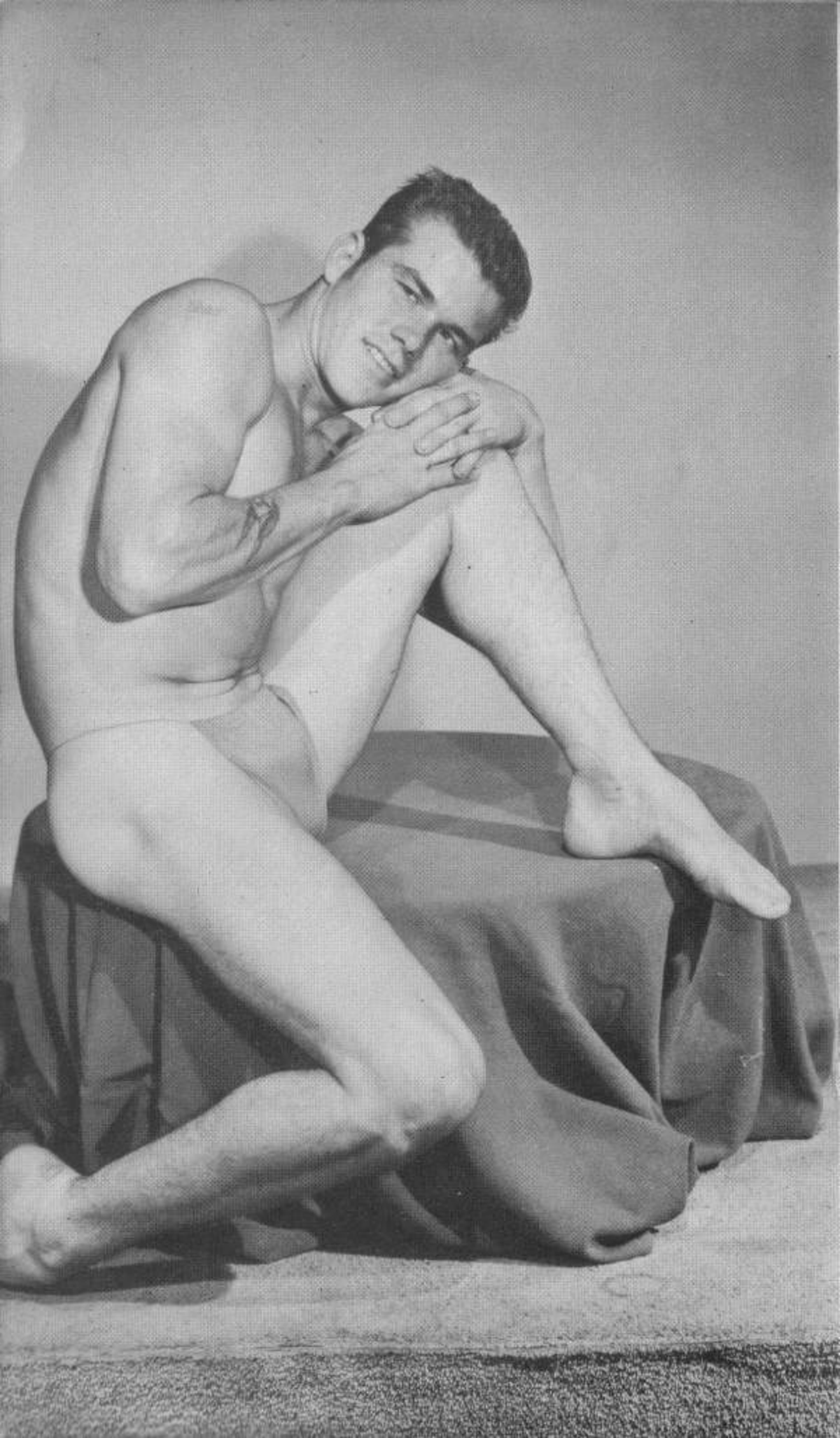


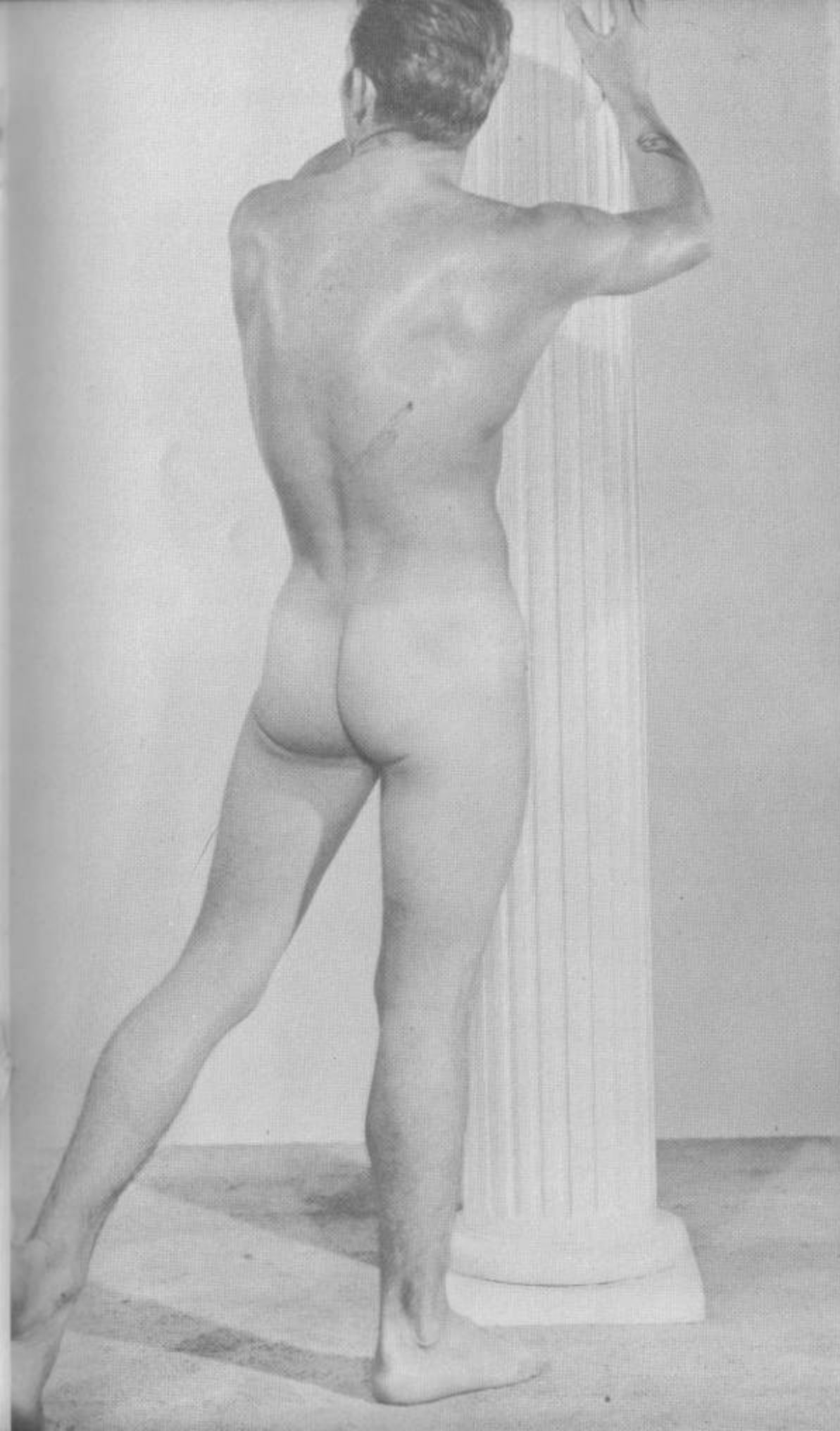


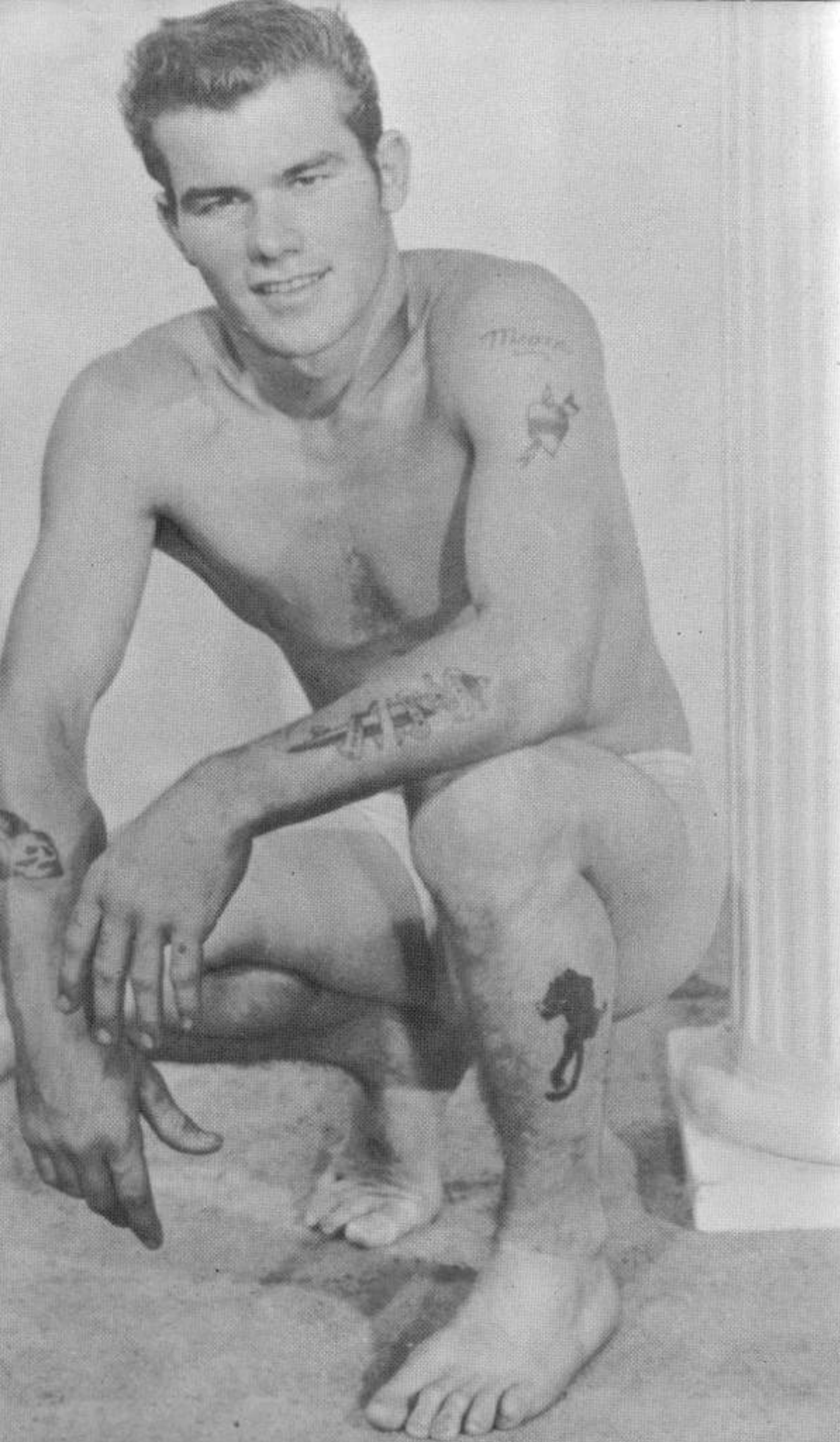
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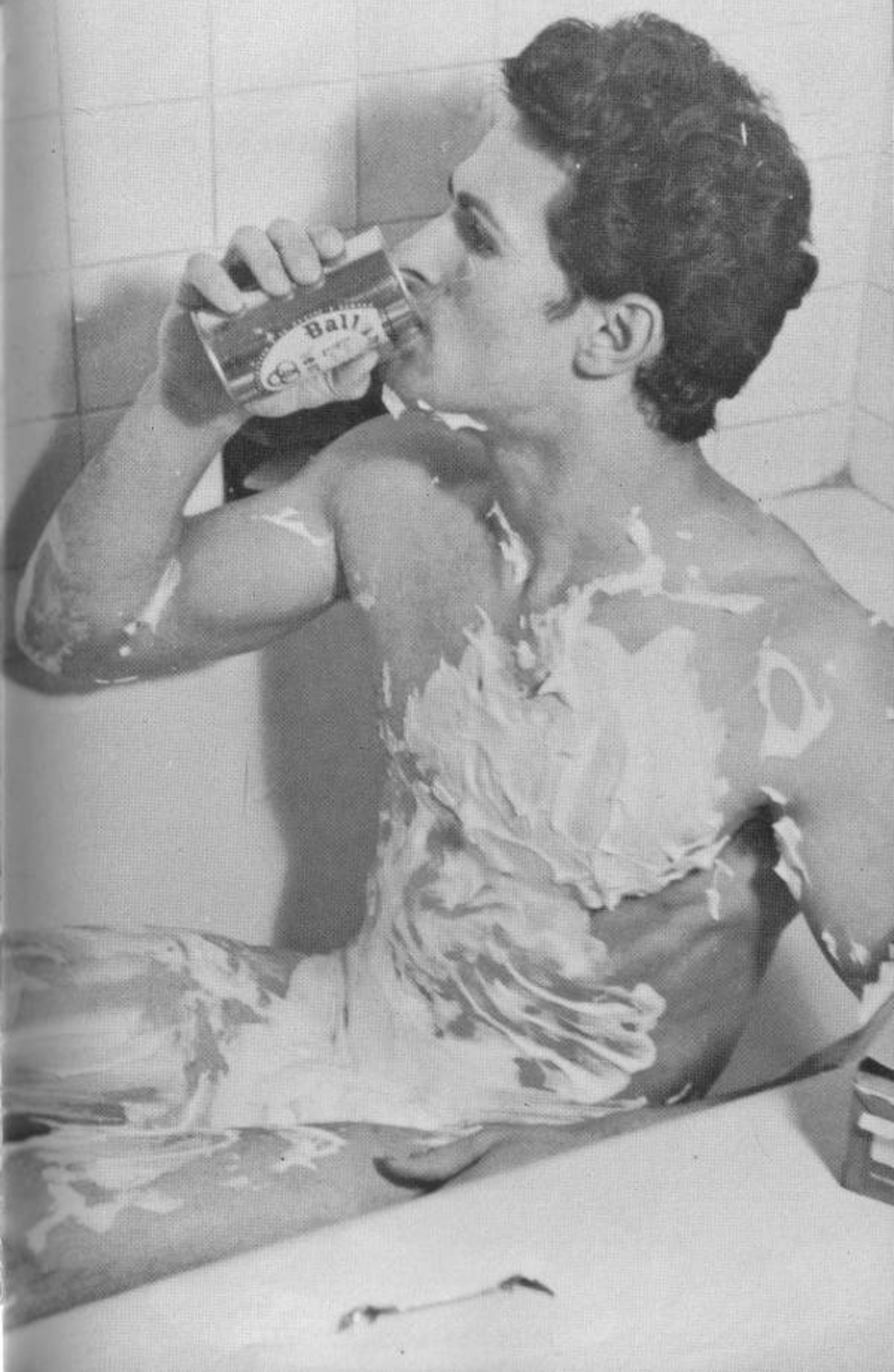


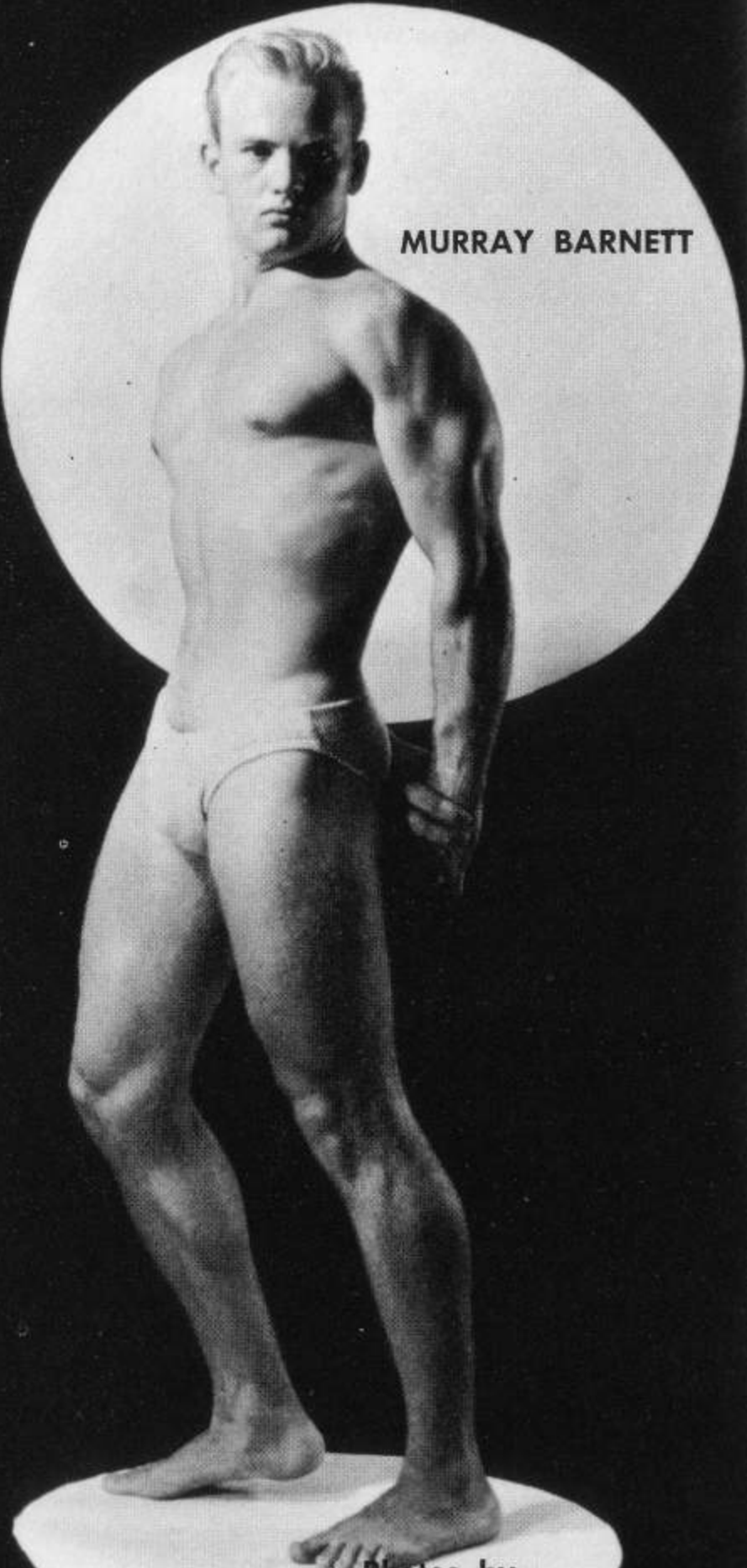




BOB CURRY

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In this Photo by the Sophisticate



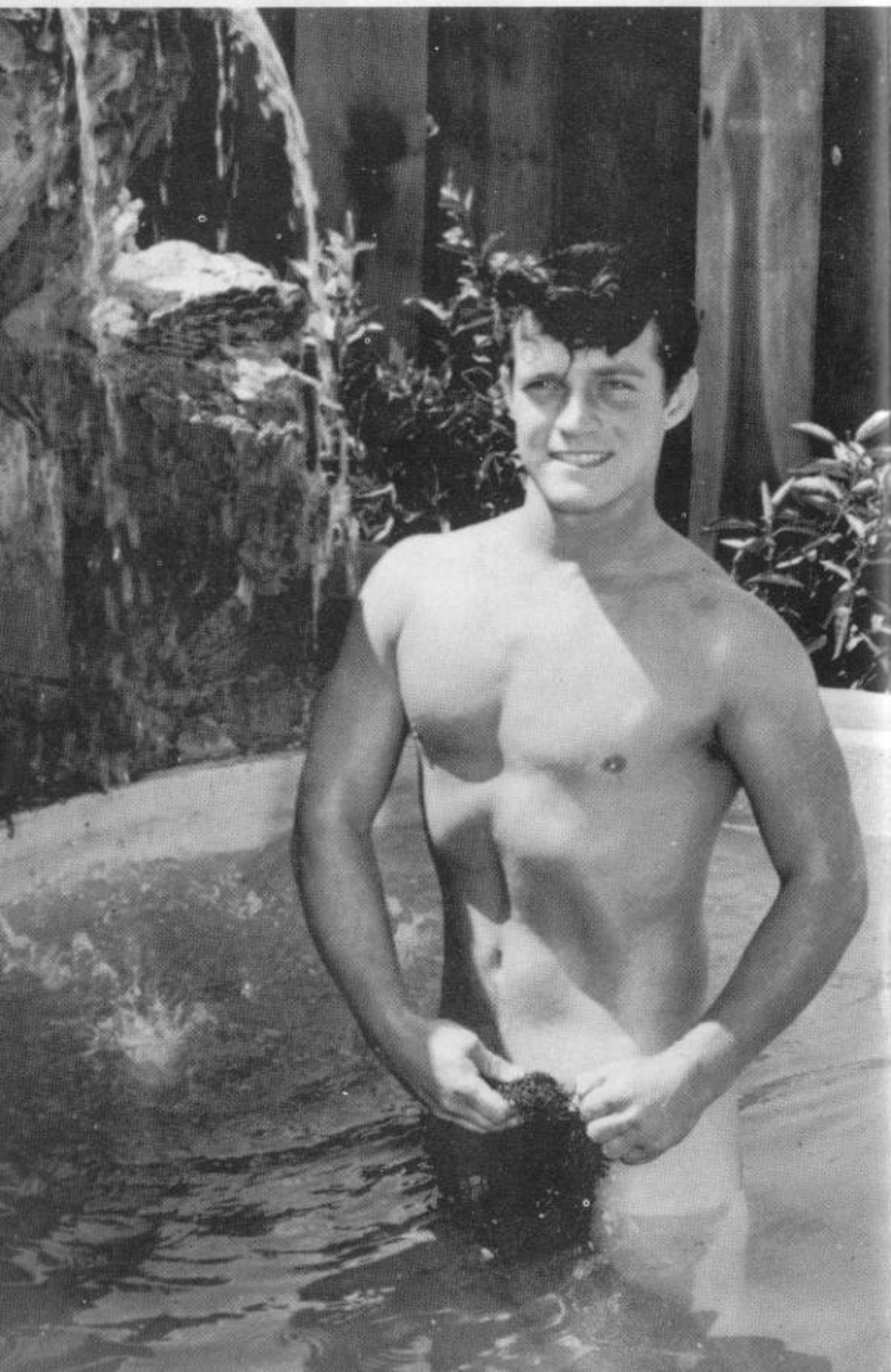


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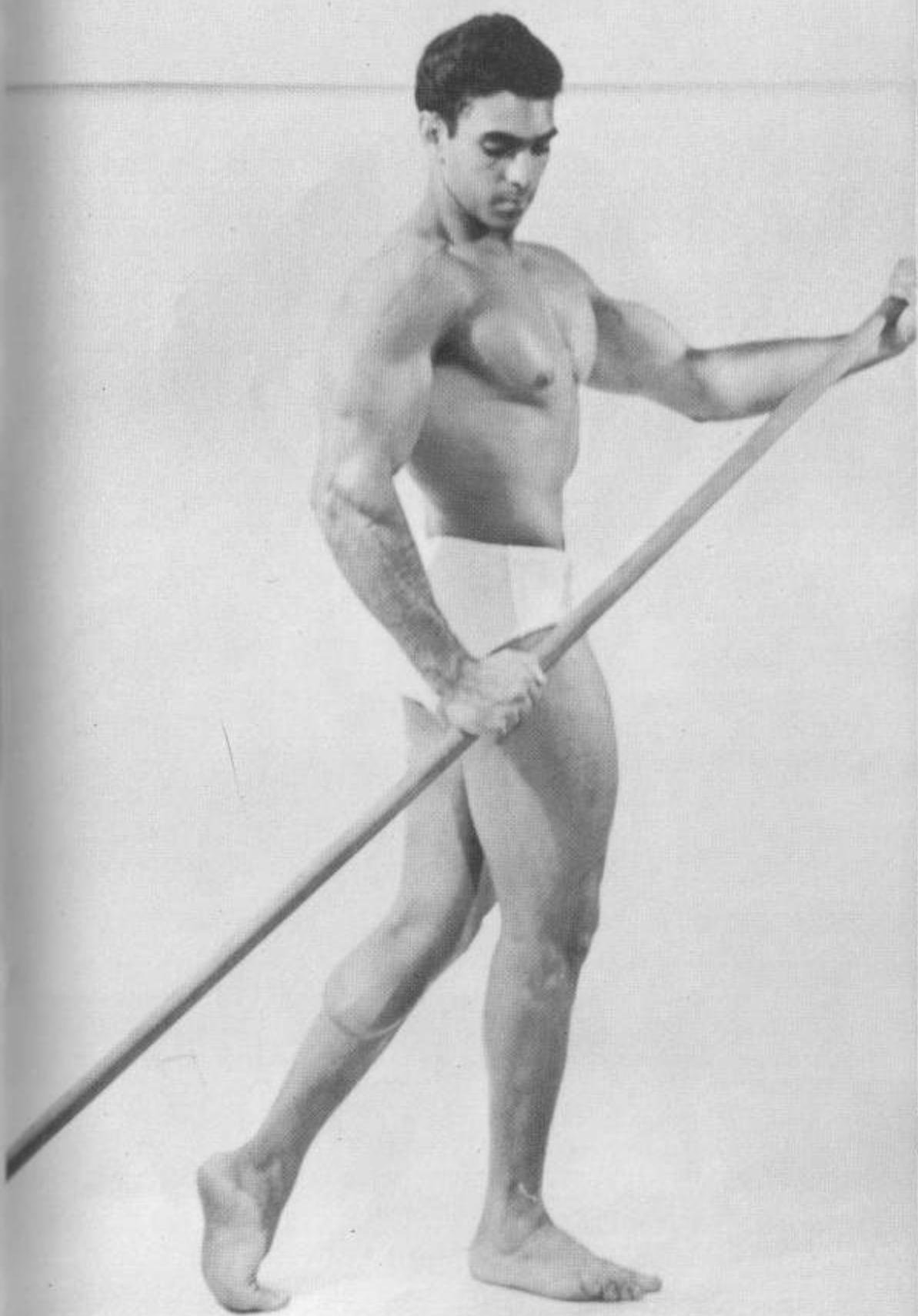
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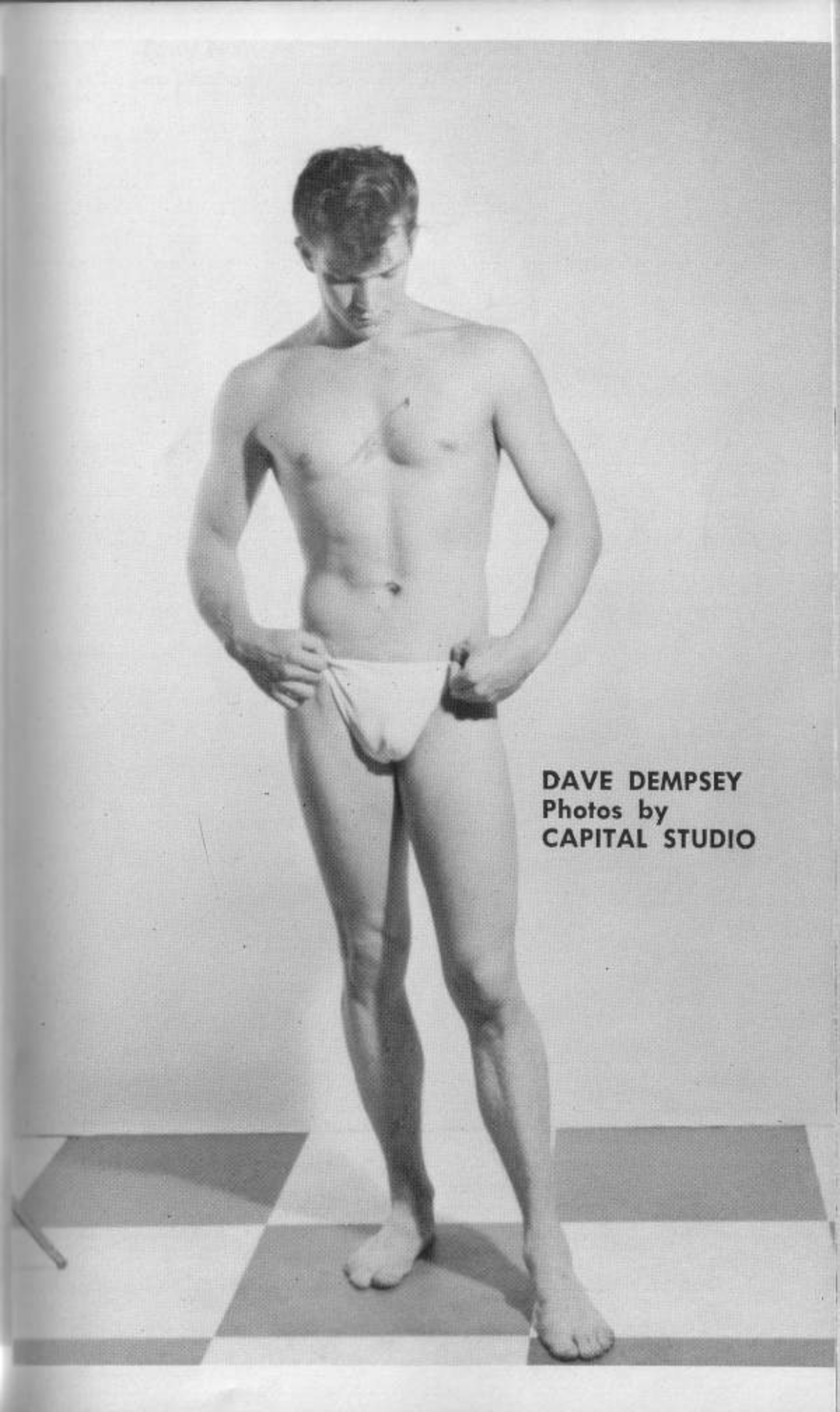
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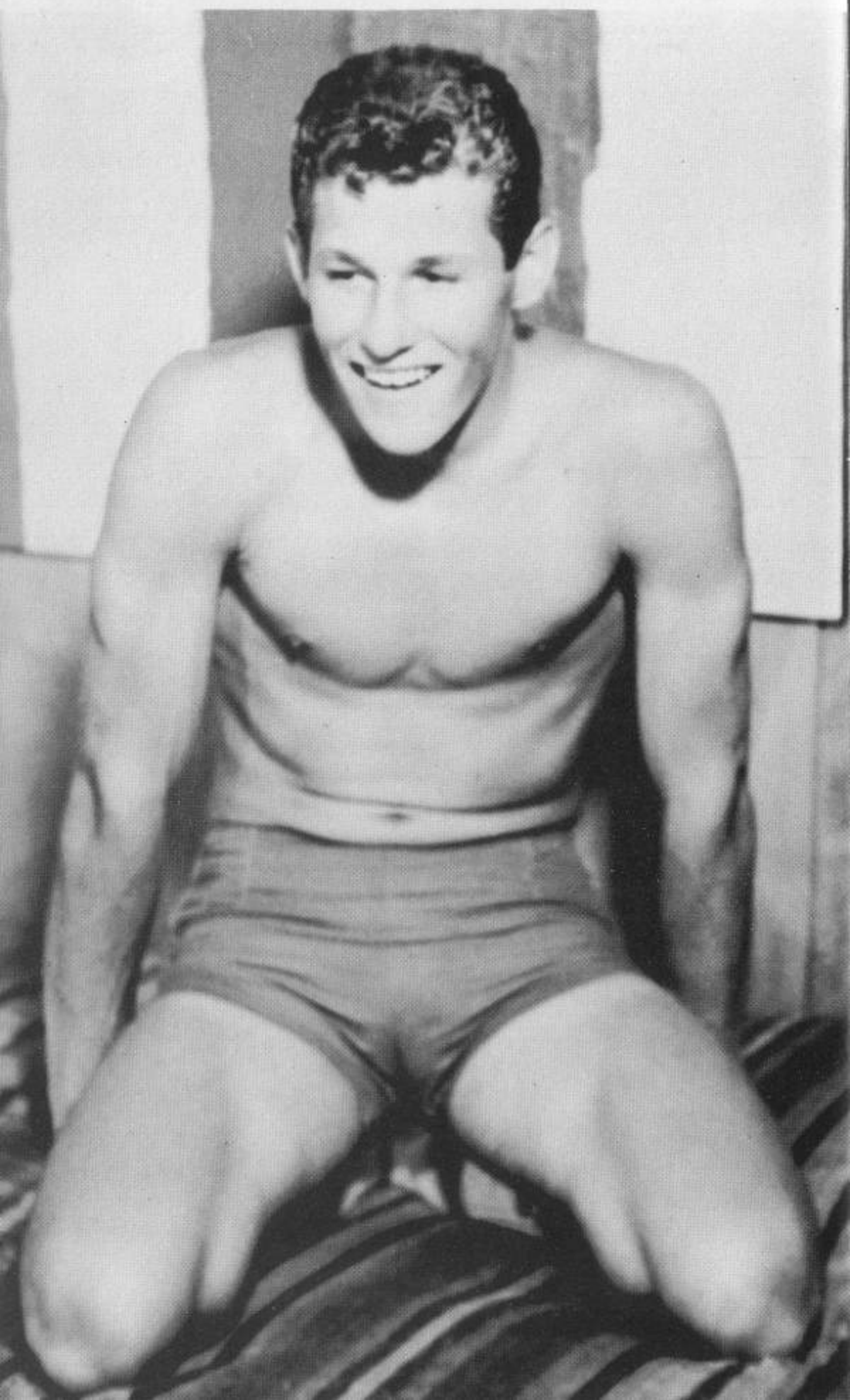
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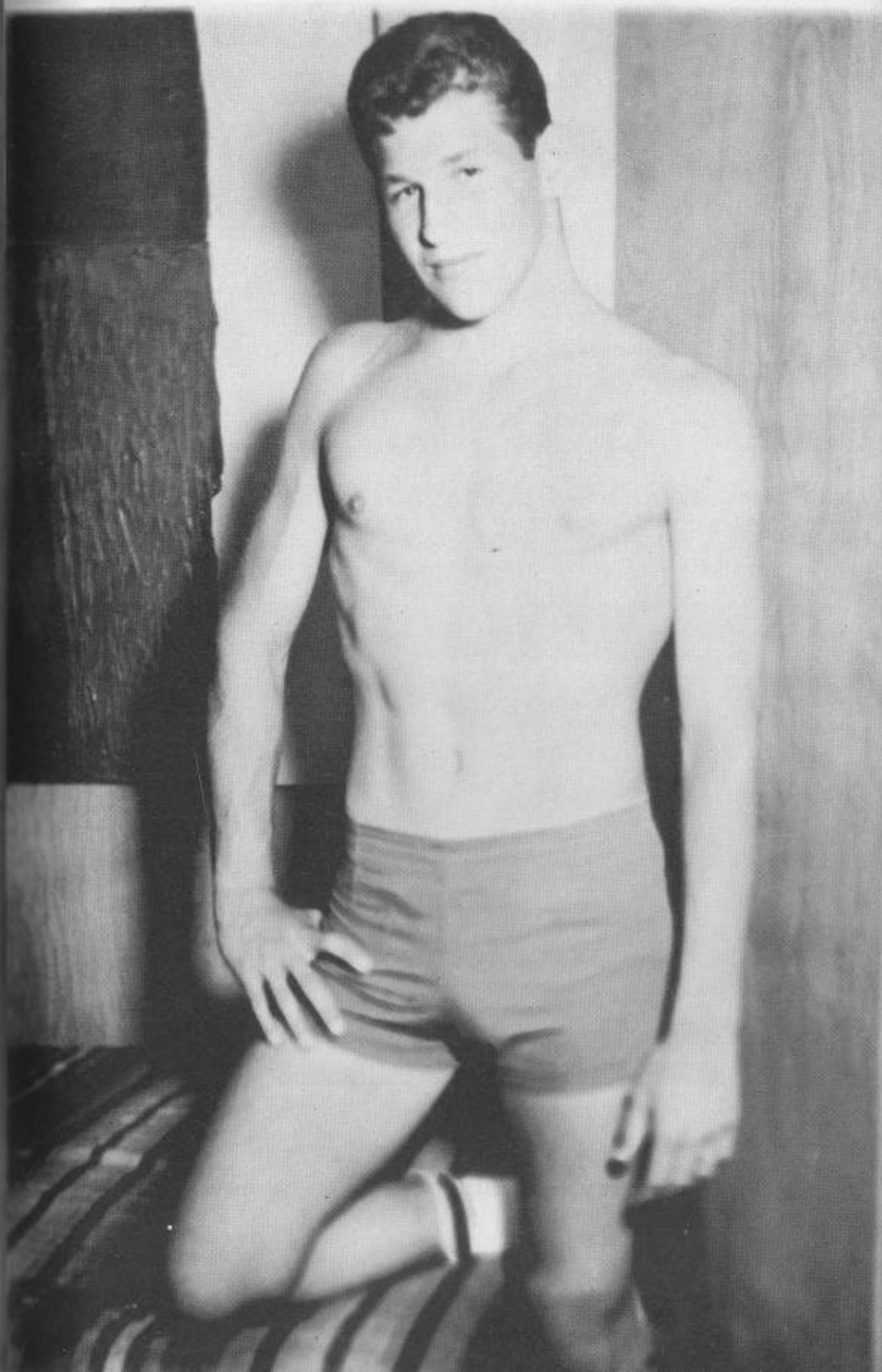


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relax and enjoy the outdoors in these photos by
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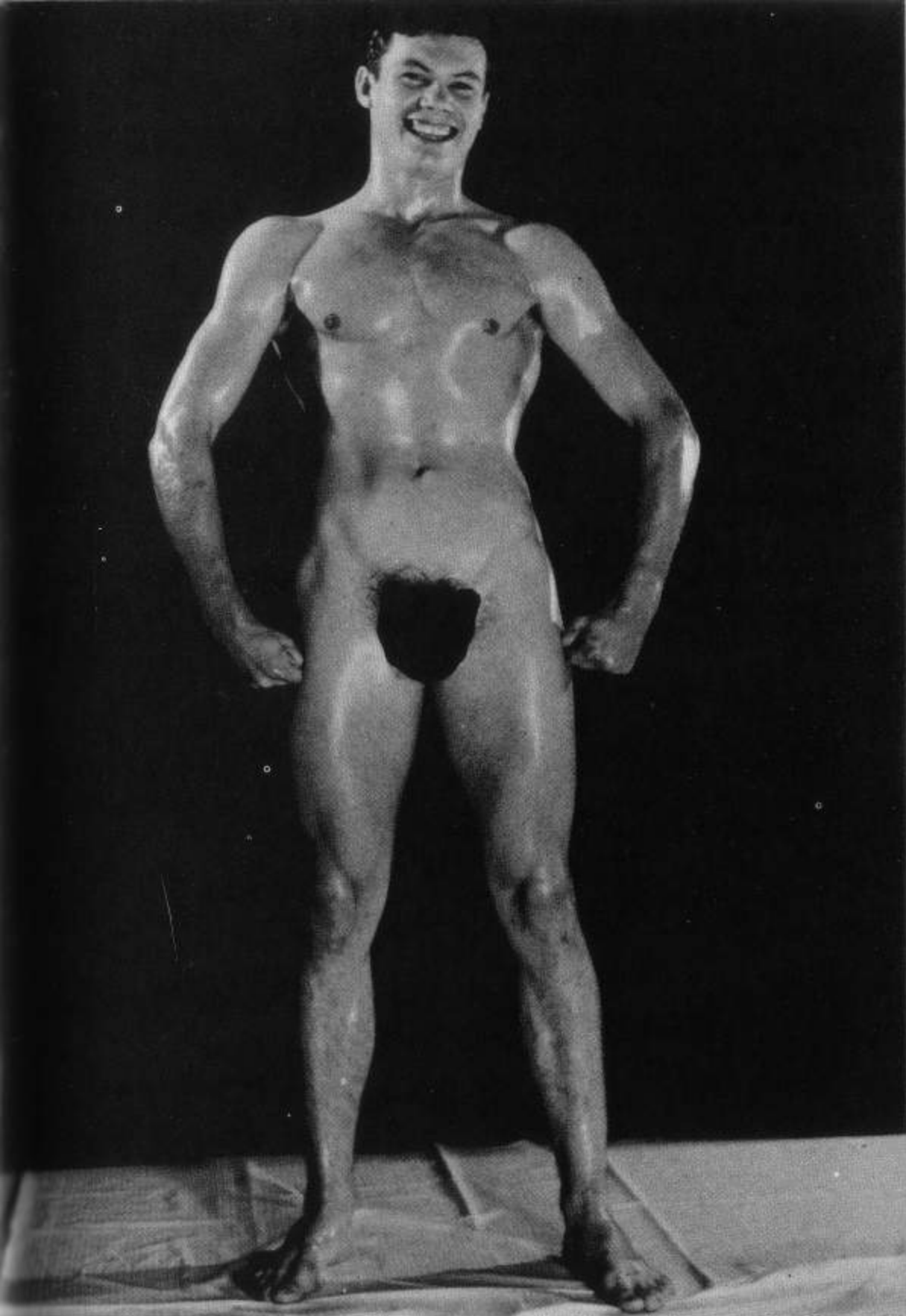


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Photos by
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TINO FONTI, a young Italian body builder, 17 years old, 5' 10" and weighs 165—the best material for a future **STAR!** Photos by **ROCKSTEDT**.

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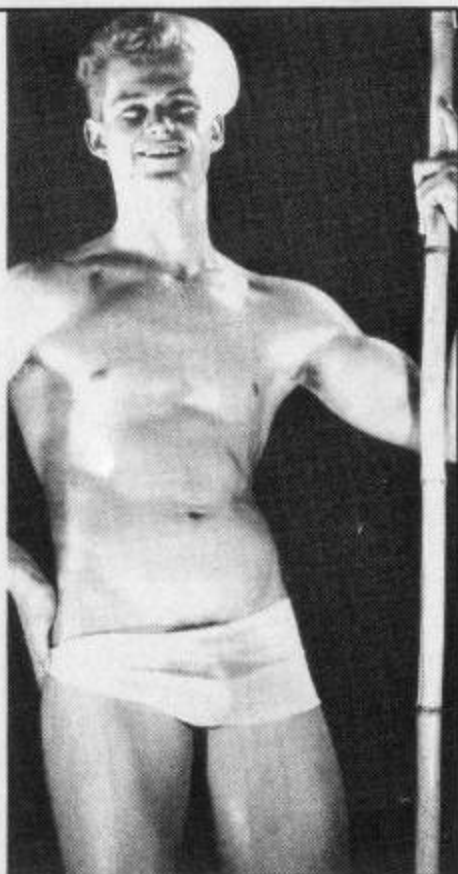
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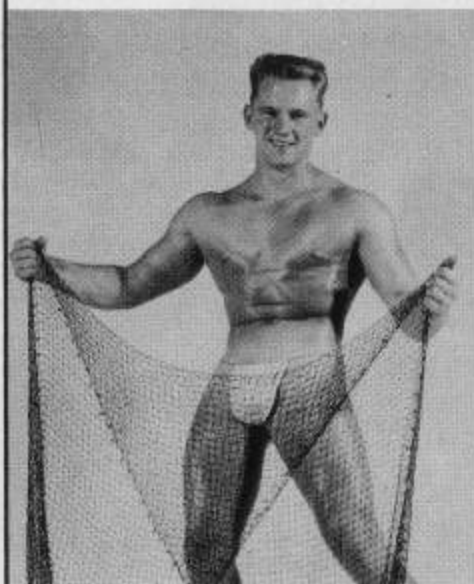
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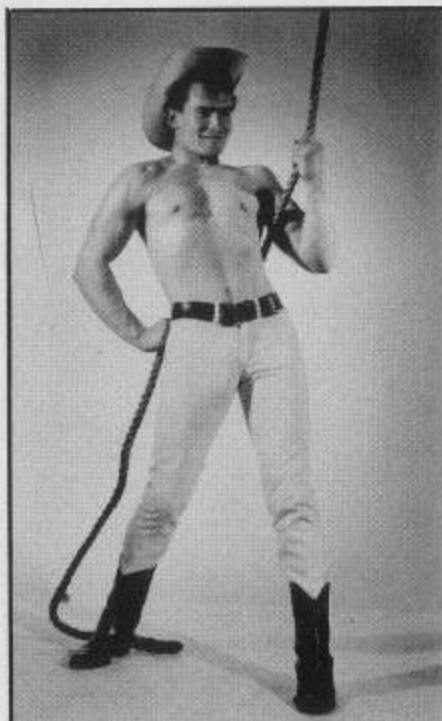
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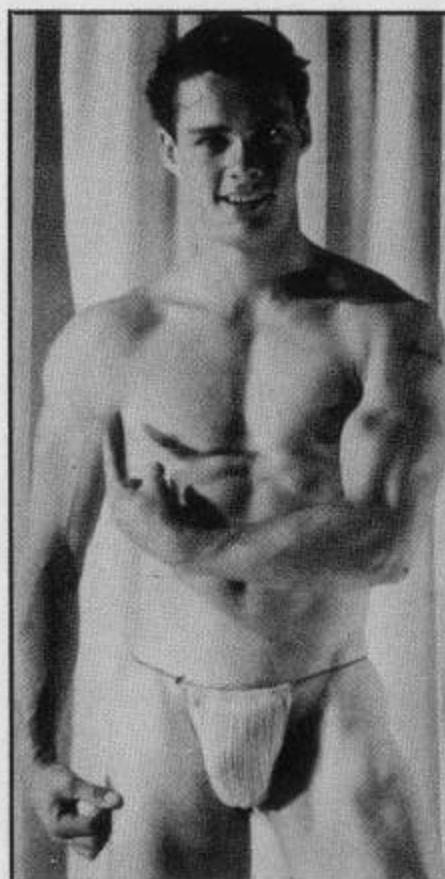


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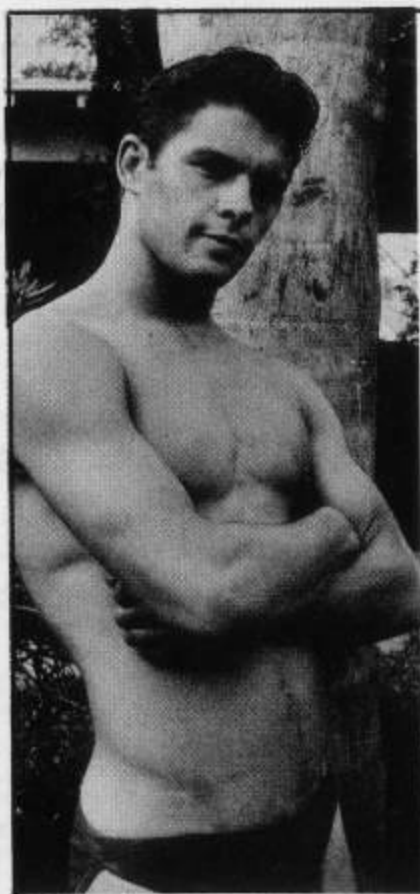
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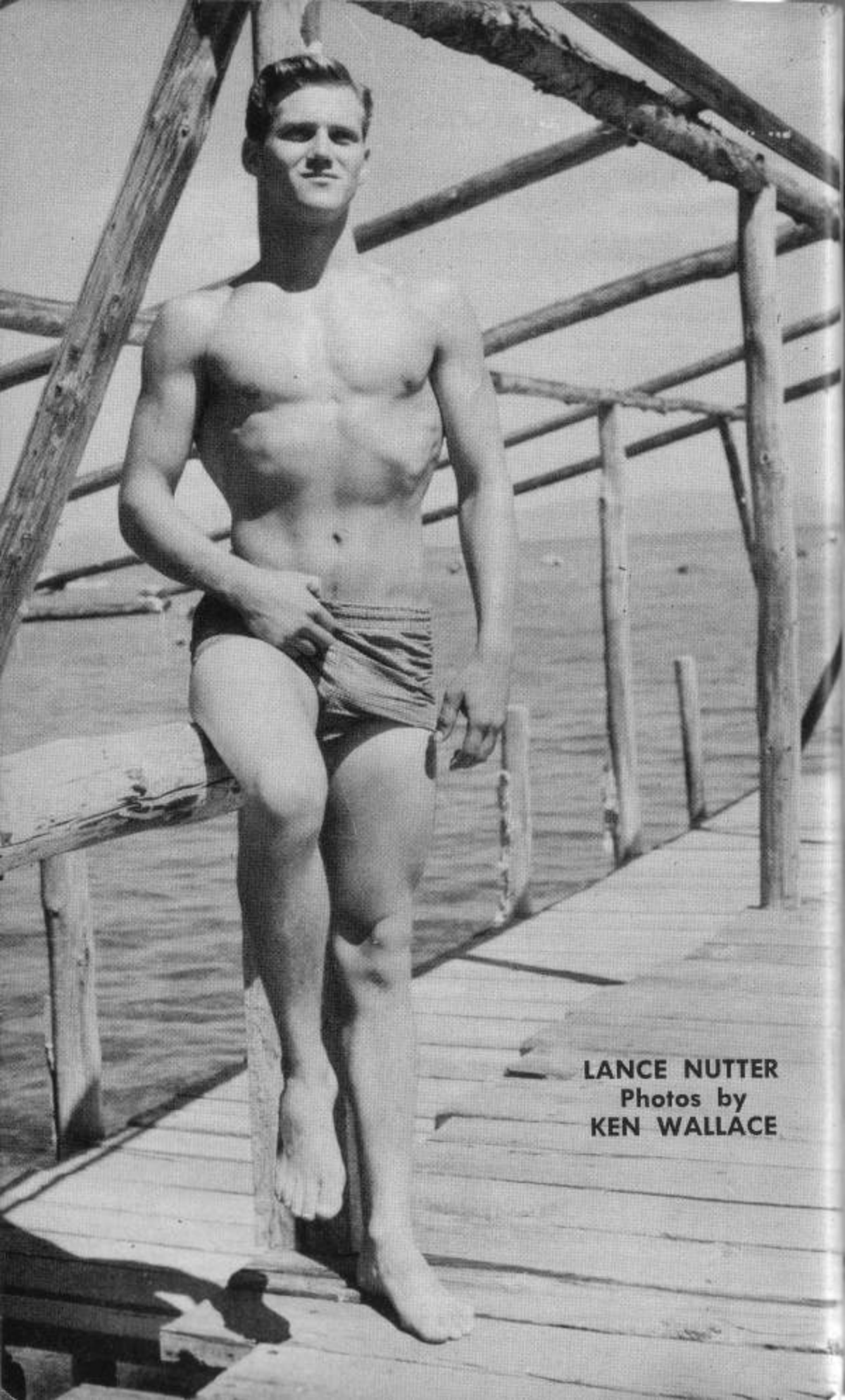
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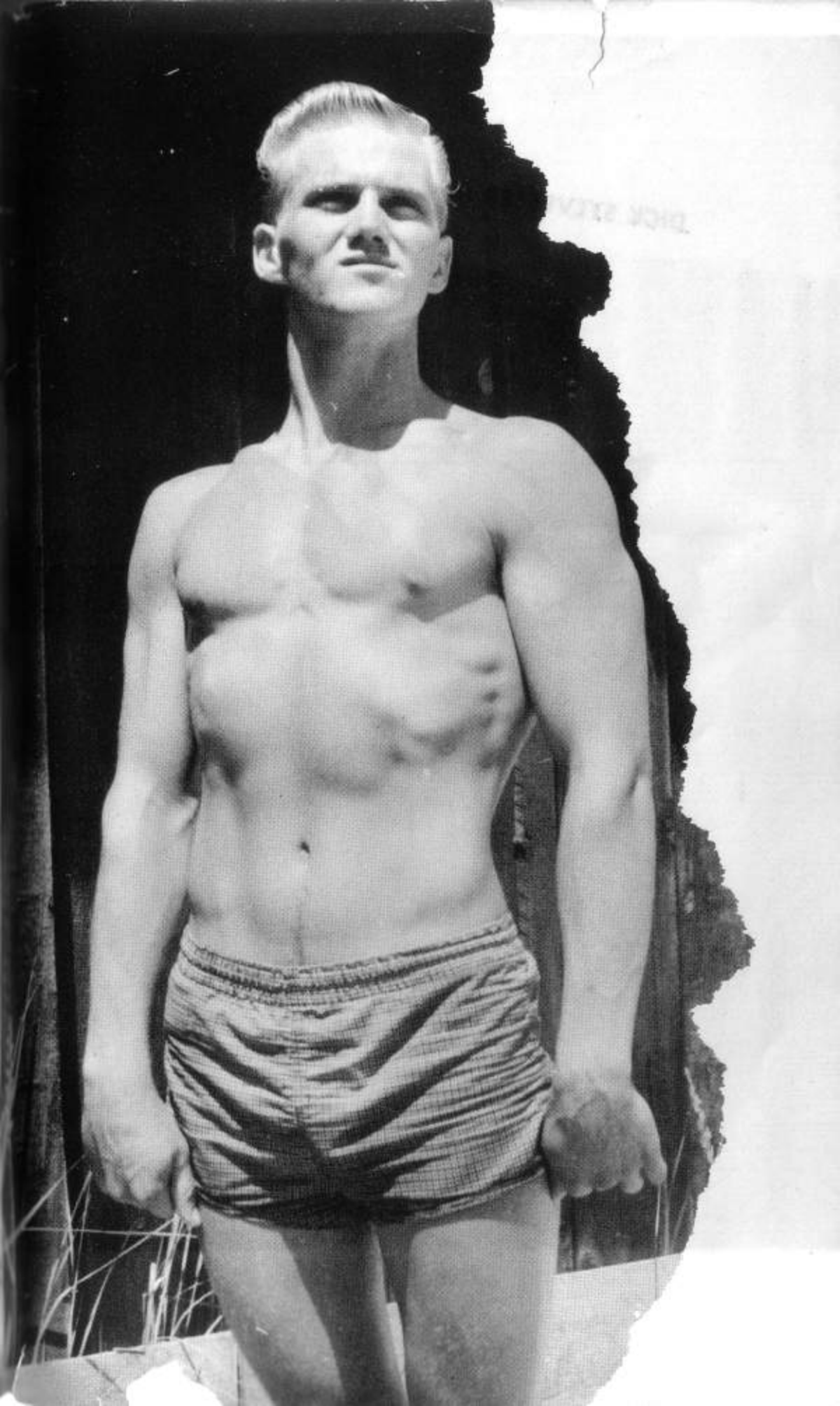
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